

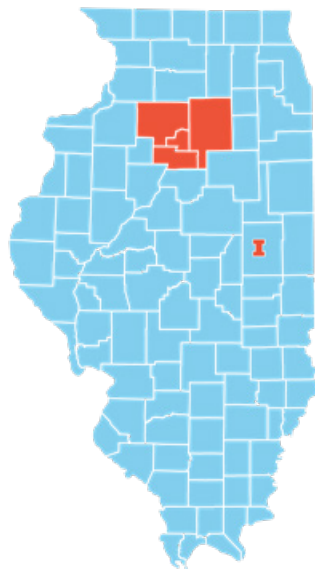


EXTENSION IN ACTION

Serving Bureau, LaSalle,
Marshall, and Putnam Counties



Erin Orwig
County Director



Letter from the County Director

I am happy to have completed a full year as County Director. I've had the opportunity to see how dedicated and hard-working the staff is, how volunteers are enhancing their communities, and how local support keeps programs free, or at a very low cost, for participants.

It's wonderful to witness how our programs are directly impacting Bureau, LaSalle, Marshall, and Putnam counties. I have witnessed 4-H members' faces light up at receiving a blue ribbon, observed kids bravely sample some unique and unknown vegetables and fruits at Illinois Junior Chef, and heard how small nutritional changes have improved the health of community members through our Nutrition and Wellness and SNAP-Ed programs.

As a local presence, we have grown over the past year. Three new positions have been added to provide more programming opportunities. One of the new positions is a marketing program coordinator, who has already created a Facebook page and quarterly newsletter. A commercial ag educator started in November, so look for that program area to grow in 2024. The third position hired was a full-time SNAP-Ed educator in December. The position was previously shared with Nutrition and Wellness, so this will allow more events in SNAP-Ed as well as nutrition and wellness since that staff member can now dedicate 100% of their time to that program.

If you haven't done so already, please like and follow our Facebook page, University of Illinois Extension: Bureau, LaSalle, Marshall and Putnam counties, to be aware of the program schedule and view pictures of staff in the communities. It may make you realize the wide range of events and programs that occur in the four counties. Over the past year, I have been to a shooting sports competition, three 4-H fairs, Illinois Junior Chef programs, after-school STEM programs, and "Eat. Move. Save." booths, just to name a few. Along with our in-person classes, there are also many opportunities for online classes given by Extension staff around the state.

We greatly appreciate all our participants, volunteers, and donors. We could not continue to grow and provide our communities with such high levels of programming without all of them. Local donations are matched at the state level, remain local, and provide funding for our programs.

Erin Orwig
County Extension Director

Cover: Marshall-Putnam 4-H participants pick out pumpkins at Fall Family Fun Day. Photo taken by Karina Delgado



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

2023 Engagement

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

657 Communities Served	745K+ Program Attendees	12.7M+ Webpage Views	58.5M+ Social Media Impressions	1.8M+ YouTube Views
555 Educational Sessions/Week (28K+ Annually)	90 Online Courses Accessed by 12K+ People	10,158 Local Government Education Webinar Reach	1,799 4-H Clubs	199,400 4-H Experiences

Partnerships

5,682
Program Volunteers

274
Community Gardens

2,634
School and Community Partners

Resource Generation

\$15,259,785
Value of Volunteer Contributions

\$463,368
Value of Donated Produce Grown or Facilitated

\$4M+
External Funds Secured for SNAP-Ed Partners



Crunch! Northwest students enjoy delicious apples donated by Boggio's Orchard.



The Great Apple Crunch

Northwest Elementary School in LaSalle joined schools, early care centers, colleges, hospitals, and others across the Midwest states for the 2023 Midwest Great Apple Crunch. This event is an annual celebration of local apples and our local farmers and growers. It's celebrated on the second Thursday of October in Illinois, Indiana, Iowa, Ohio, Wisconsin, Michigan, and Minnesota.

University of Illinois Extension shared the event opportunity with Northwest Elementary School in LaSalle, and the school jumped on board.

Additionally, University of Illinois Extension invited fourth and fifth graders at Northwest to be the school's Illinois Apple Crunch Influencers. They met at Lincoln Junior High in LaSalle, where the Illinois Apple Crunch Influencers created posters, encouraged the school to wear red, green, pink, or yellow for Crunch Day, and designed a pop-up apple book display for their school's library.

It's a really fun way for the whole school to celebrate local apples and making healthy choices.

Jani Kidd, SNAP-Ed program coordinator

Boggio's Orchard in Granville delivered 700 Johnathan apples to the school the morning before "The Illinois Crunch." Extension staff delivered the apples to the classrooms the morning of the event. The whole school celebrated National Farm to School Month and our local farmers by crunching into apples at the same time.

This collective crunch encourages healthy eating and supports Farm to School initiatives throughout the Midwest Region. The Farm to School Movement is growing. Schools that source local food create more opportunities for our local farmers and producers. University of Illinois Extension's Illinois Nutrition Education Programs supports this initiative. Farm to School strengthens our local and regional food systems and connects children to locally sourced food in a meaningful way.



Pose like a superhero



OrganWise Guys

Community outreach workers have been providing nutrition education for kindergarten, first, and second grade classrooms in Bureau and LaSalle counties.

SNAP-Education uses the OrganWise Guys Organ Health curriculum to promote healthier lifestyles. This curriculum inspires students to take charge of their health by assuming personal responsibility for their choices.



25
Partnerships with K-12 Schools



7
Partnerships with Emergency Food Sites



29
Partnerships with Other Types of Organizations



Teen Cuisine

SNAP-Education provides a variety of programs to the afterschool sites, including curriculum for kindergarten through eighth grade. Teen Cuisine is offered to grades fifth through eighth, teaching important cooking skills combined with healthy eating information in engaging, hands-on lessons.



EAT. MOVE. SAVE.

Snap-Education continues programming and “EAT. MOVE. SAVE.” booths throughout Bureau, LaSalle, and Marshall counties.

SNAP-Education recognizes the large role parents play in establishing the healthy habits of children. Children often mimic their parents’ attitudes and eating behaviors. Staff encourages positive role-modeling and trying new foods together in new ways.



Community Worker Leigh Ann Delaney offering the “EAT.MOVE. SAVE.” booth information to families.



Illinois Junior Chefs

Illinois Junior Chefs is a cooking and nutrition curriculum designed for ages 8-13, offering a 5-day camp where kids learn new skills, techniques, cooking terms, and healthy recipes.

During the camp, kids taste test new and unique fruits and vegetables while learning about whole grains and differences in plant and animal proteins. Children also learn how to read recipes, measure, mix, and fold ingredients, grate and peel, use knives safely, juice citrus fruits, and crack an egg.

At the end of the camp, kids received a certificate of completion and their own Illinois Junior Chefs cookbook filled with easy, healthy recipes.



871
Number of Nutrition Classes Provided



3,495
Nutrition education participants



I on Diabetes

The “I on Diabetes” event was a series of four sessions with Illinois Extension Nutrition and Wellness Educator Susan Glassman and OSF Healthcare Clinical Dietitian Jennifer Scully.

The sessions were held at the OSF HealthCare Saint Paul Medical Center in Mendota. This event was organized in response to the increasing prevalence of diabetes in our communities, as reported by the Illinois Department of Public Health.

Each session was packed with practical information on managing diabetes, including how to manage carbohydrates, read nutrition facts labels, plan meals and snacks, use artificial sweeteners, herbs, and spices, and handle eating out and holiday meals.

Participants also had an opportunity to watch cooking demonstrations, taste delicious foods, and take home recipes that meet their dietary needs. It was a fun, interactive way to learn about managing diabetes.

The knowledge and tools shared during this series will help our community members in their journey to prevent, manage, or care for someone with diabetes.



20,414
Program Attendance



975
Educational Sessions



Cultivating Your Own Blue Zone

Cultivating Your Own Blue Zone program participants had the opportunity to envision living life more simply. They learned to enjoy a balance in all dimensions of wellness and explored how to create a healthier lifestyle that is more in rhythm with the community and nature.

Illinois Nutrition and Wellness Educator Susan Glassman discussed what distinguishes blue zone communities of the world and the lifestyle attributes that contribute to a high population of centenarians, individuals who live to be 100 years old.

Attendees received research-based information on health and longevity. Then, they tried a recipe for apple crisp made with whole grains and olive oil and took home handouts to read and recipes to make in their kitchens. Attendees set goals for creating lifestyle changes for themselves.

River to River Food Pantry Coalition

Bureau and LaSalle County food pantries met with other pantry staff in the Quad Cities for a collaborative meeting. The group visited the Esperanza Center and toured the Florencia Community Garden, designated as a site for the SNAP-Education Growing Together Grant. Facilitated by educators Susan Glassman and Tayler Louscher alongside Mike Sigwalt, the meeting saw participation from the River Bend Food Bank.



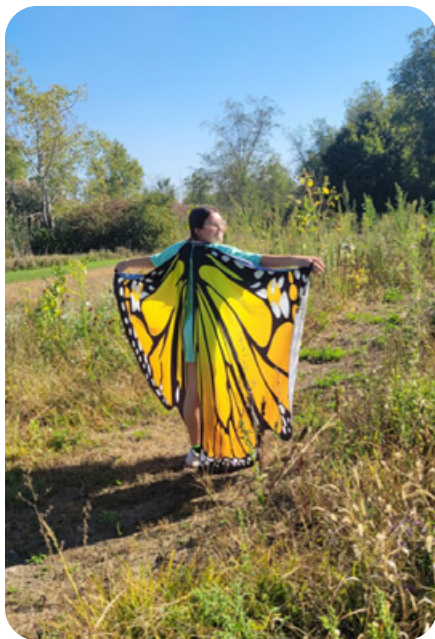
Members expressed in evaluations they were likely to share information from the meeting, utilize the provided resources, acquire insights for the Local Foods Purchasing Assistance funding, and extend the knowledge to community gardens within church communities.



HYDROPONICS

Students in the Hall High School biology classes learned the basics of hydroponics delivered by 4-H and Master Gardener representatives. High school teachers and students, assisted by Master Gardener volunteers, participated in the hydroponics program during the fall. When it becomes too cool to grow vegetables, flowers, and herbs outside, it is important to look for alternatives. Students learned firsthand how to start seedlings, regulate plant nutrient and light requirements, and manage the relationship between nutrient solution and pH. The result of their efforts was healthy vegetation grown in aeroponic towers.

Illinois Extension’s hydroponics program utilizes direct classroom instruction focused on content and application aligned to the Next Generation Science Standards for High School. Each session provided learners with the knowledge and practices needed to start and grow healthy plants indoors in a balanced nutrient solution. Throughout this program, students learn the importance of soil as a crucial, but limited resource.



TOLUCA WILDFLOWER MEADOW

The Toluca Coal Mine Association welcomed Master Gardeners and Master Naturalists to their Fall Family Festival. Participants enjoyed the day’s events and were also able to learn to identify native wildflowers in the wildflower meadow planted by Master Gardeners, Master Naturalists, and local school children in the spring. The meadow was funded in part by the “Know More Grow More” grant from the University of Illinois Extension, written by Master Gardener Barb Dahlbach.

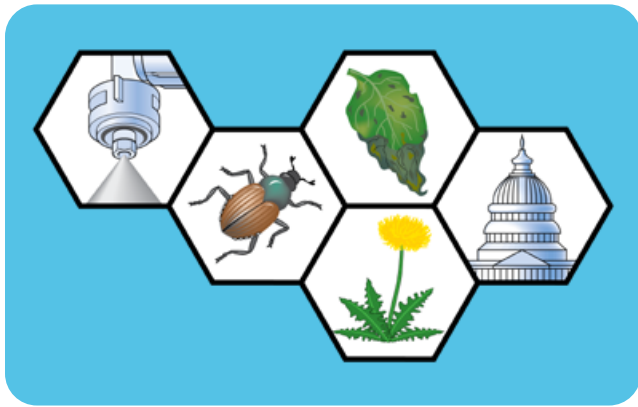
Native wildflowers support many types of pollinators, and great efforts have been undertaken at the Toluca Jumbo Wildflower Meadow to establish a thriving ecosystem where all can appreciate and learn about this very important ecosystem. Educational signage guides visitors through the various species of native plants and their role in this ecosystem. Local school children benefit from learning about the importance of native plants and their pollinators, as well as learning their role in the conservation of the environment. Seeds gathered from this meadow will also be a part of managed seed-saving programs that will benefit the growth of pollinator-friendly plants in additional locations throughout the state.

OUTSTANDING MASTER GARDENER

Steve Lundquist was awarded the Outstanding Master Gardener Award at the State Master Gardener Convention in East Peoria. Steve joined the Master Gardener Program in 2020. Since that time, he has been instrumental in adding more school programming to the Seeds to Harvest Program, providing education and training for both youth and adults throughout his four-county service area, and has been involved in building partnerships with outside organizations. He contributes to efforts aimed at obtaining new funding streams used in local programming and is a valuable volunteer and great team member.

Steve has been an active volunteer for the Seeds to Harvest Program in all schools in Marshall and Putnam Counties and is currently chairman of the Midland Middle School Program, where he participated in all phases of program development. As superintendent of the Marshall-Putnam Fair horticulture department, his responsibilities include securing judges, following requirements, and supporting the department throughout the fair.





Private Pesticide Applicator: Training and Testing

In-person trainings were offered in Bureau, LaSalle, Marshall, and Putnam counties in January, February, and March. Self-study trainings were also offered.



Learn More about Agriculture
extension.illinois.edu/blmp/agriculture



33
 Trained Master Gardeners and Master Naturalists Volunteers



57
 Educational Sessions



1,788
 Program Attendance



\$85,163
 Value of Volunteer Time

Extension expands online training opportunities in 2023

The following online and in-person agriculture and natural resource webinars, courses, and trainings were offered:

- Illinois Farm Economic Summit
- Illinois Specialty Crop Virtual Conference
- Legal Training for Illinois Small Farms
- Illinois Conservation Cropping Seminar
- 2023 Certified Livestock Manager In-Person Workshops and Online Training
- Driftless Region Beef Conference



4-H Youth Development

Mindful Me

Youth at Midland Elementary School and LaSalle Northwest School participated in the Mindful Me program. Classes that participate learn about mindful eating habits, being present in the moment, managing emotions, calming strategies, and yoga. Some tools taught are breathing techniques, talking about emotions, journaling, the importance of physical activities, and calming jars. The program is literature-based, which allows the youth to enjoy a story while learning.

Build Your Future

Junior high youth at Tonica Grade School, LaSalle Lincoln, and PC Junior High took part in the Build Your Future program that focuses on planning for the future. The lessons taught youth about their interests, different career pathways, the importance of education, training, and benefits, funding for school and training, and developing life skills necessary to be successful.



Streator Area Home Educators

The Streator Area Home Educators group met at Baker Lake in Peru for STEM Stations. The theme was “States of Matter.” As the youth walked, there were four stations set up to learn about solids, liquids, and gasses.

The first station was a group game that involved acting out the three states. The second station was an experiment with a bowl full of water, paper towels, and a cup to show that the paper towel couldn’t get wet when there was air in the cup. The third station was melting ice. The group tried different substances to see which would melt the ice fastest: salt, sugar, baking soda, flour, and cornstarch. At the last station, the group cooled down after their long walk with “Soda Floats,” demonstrating all three states of matter in one cup.



Bureau County 4-H Fair

The Bureau County 4-H Fair was held July 13-16 and the county's 4-H community clubs proudly exhibited their projects. Projects underwent conference-style judging to earn blue, red, or white ribbons and to be considered for promotion to the state fair, as well as special awards. The Bureau County 4-H Fair was packed with tons of projects getting checked out over the course of three fun-filled days.





LaSalle County 4-H Show and Jr. Fair
 For the LaSalle County 4-H Show and Junior Fair, 4-H members were busy completing projects and cleaning up the LaSalle County Fairgrounds in preparation for putting on a great show of exhibits. This year's 4-H Show theme was "4-H is Your Ticket to FUN!" The show represented the 4-H'ers year-round projects, service learning, and community activities.





Marshall-Putnam Counties 4-H Show
 4-H members from across Marshall-Putnam counties participated in the Marshall-Putnam 4-H Show held at the Marshall-Putnam fairgrounds in Henry. The 4-H Show is where the youth display what they have learned during the last 4-H year. Volunteers formed an activity committee to add more fun to the 4-H Show.





Pictured left to right are LaSalle County Friends of Extension and 4-H. Front row: Deb Znaniacki, Shelly Diss, Gail Hayward, Kate Reed, Sally Hall. Back row: Karen Pillion, Michele Anderson, Terri Sancken, and Cheryl Mathews



LaSalle County Friends of Extension and 4-H host annual dinner fundraiser

The LaSalle County Friends of Extension and 4-H hosted their annual dinner fundraiser at the Knights of Columbus Hall in Ottawa. The event featured a captivating performance by the Windy City Dueling Pianos, along with a dinner from Ottawa's The Cheese Shop and a silent auction.

The event provided those attending with an evening of enjoyment in support of a worthy cause. The proceeds from the event went towards supporting the LaSalle County Extension and 4-H programs.



4-H Robotics

Spring saw the beginning of the Illinois State 4-H Robotics season, and this year's teams did not disappoint. M-P 4-H Robotics fielded two teams this year: a Senior Team comprised of returning members and a Junior Team for first-year members.

The Senior Team came home from the competition as Level 2 State Champions as well as being recognized with the Most Creative Award. The Junior Team made a solid showing, and we look forward to seeing them grow over the next year.

Once the competition was over, the teams both participated in public outreach activities throughout the summer to raise public awareness of the program.

4-H Hall of Fame

Bureau County: Kenn and Lora Corban

Kenn and Lora Corban are dedicated volunteers and supporters of the Bureau County Extension's 4-H Program. With their help, Bureau County 4-H Clubs, Inc., an organization established to raise funds to support Extension and 4-H, has been able to double its annual donation to the Bureau County budget over the past five years.



LaSalle County: Chad Wilson

Chad Wilson has been serving as a Shooting Sports Archery Instructor for more than a decade and later became the Shooting Sports Coordinator. He played a crucial role in the growth of the club by organizing community events and acquiring funds. Chad is known for going above and beyond by advocating for 4-H and assisting with various workshops.



Marshall County: Karl Zeigler

Karl has been an active member of the 4-H community for over 20 years, serving as a leader, trustee, and president of various organizations. He is known for his love of photography and offers workshops for youth, judging their photos at the 4-H Show.



4-H Shooting Sports

Over the summer, the Shooting Sport's Summer Sizzle Shoot took place at Chillicothe Sportsmen's club for the 10th year. This past fall, Marshall-Putnam Shooting Sports had several members compete at the state shoots in shotgun and archery.





Annual Conference 2023

University of Illinois serving Bureau, LaSalle, Marshall, and Putnam counties staff enjoyed their experience at the University of Illinois Extension Annual Conference held in Springfield. During the event, the Extension's staff engaged in networking opportunities with other fellow Illinois Extension staff, participated in professional development sessions, and received awards for their contributions. It was a rewarding experience for the team.

Staff Awards:

Brooke Welte for Individual Extension Excellence Award
Susan Glassman for Interdisciplinary State Team Award.

Year of Service Awards:

Susan Glassman: 20 years
Jani Kidd: 5 years
Brooke Welte: 5 years



Award winners: Illinois Nutrition and Wellness Educator, Susan Glassman (left) and Bureau Office Support, Brooke Welte (right).

Extension Funding

In 2023, University of Illinois Extension brought in grants and funding sources totaling \$921,185 to provide additional services to residents of Bureau, LaSalle, Marshall, and Putnam counties. These programs and services are only available to our area because of the local University of Illinois Extension.

DOLLARS LEVERAGED

- \$806,848 Grants and Other Funds
- \$50,000 Federal Smith-Lever
- \$6,000 Computer Technology Support
- \$54,402 General Revenue Funds

INCOME

- 42% Local Donations
- 4% State 4-H Premiums
- 6% Local Non Matching Funds
- 32% State Match
- 10% Grants in Budget
- 6% Smith-Lever Funds

EXPENSES

- 4% Travel
- 6% Program
- 12% Rent
- 78% Wages

STAFF

Erin Orwig
County Extension Director

Beth Dellatori,
Educator, 4-H Youth
Development

Susan Glassman,
Educator, Nutrition & Wellness

Patrobas Wafula,
SNAP-Ed Educator

Emily Hansen,
Commercial Ag Educator

Karina Delgado,
Program Coordinator,
Marketing & Communications

Bettyann Harrison,
Program Coordinator, Master
Gardener and Master Naturalist

Sarah Poignant,
Program Coordinator, 4-H
Youth Development, Bureau
County

Toni Pienta,
Program Coordinator, 4-H
Youth Development, LaSalle
County

Anne Scheel,
Program Coordinator, 4-H
Youth Development, Marshall-
Putnam Counties

Katharine Girone,
Program Coordinator,
Ag in the Classroom, Marshall-
Putnam Counties

Sherry Todas,
Program Coordinator, SNAP-Ed

Jani Kidd,
Program Coordinator, SNAP-Ed

Micheal Baumann,
Community Worker, SNAP-Ed

Leigh Ann Delaney,
Community Worker, SNAP-Ed

Daniela McConville,
Community Worker, SNAP-Ed

Shasta Hladovack,
Community Worker, SNAP-Ed

Michelle Uphoff,
Office Support Specialist

Brooke Welte,
Office Support Associate,
Bureau County

Sarah Ursini
Office Support Associate,
LaSalle County

Marilyn Smith,
Office Support Associate,
Marshall-Putnam Counties

Lynn Delaney
Marketing & Fund
Development Support

Lisa Corcoran,
Office Support (Clerical),
LaSalle County

Aaron Lindstrom,
4-H STEM/STEAM Support,
Marshall-Putnam Counties

Daryle Wragge,
Agriculture Program
Coordinator

OFFICE INFORMATION

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LaSalle County Extension

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Monday - Friday, 8 AM - 4:30 PM

Marshall-Putnam Extension

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Monday - Friday, 8 AM - 4:30 PM

ONLINE



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extension.illinois.edu/blmp



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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