



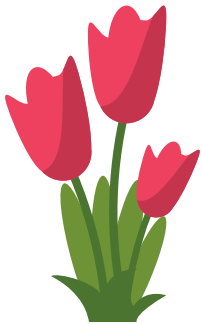
April 2021

IMPACTING YOU

Serving Coles, Cumberland, Douglas, Moultrie, and Shelby Counties

A Little Bit of Spring in Shelby County

Shelby County 4-H held its annual Spring Craft Day on March 13. The morning was full of butterflies, bunnies and flowers. It was great seeing everyone and watching how creative these 4-H'ers can be with their crafts.



Master Naturalist Field Day of Learning

Local Master Naturalists want to inspire you to get outside and appreciate Illinois' natural beauty. Join us for our Field Day of Learning on Saturday, April 10, 8:30 am to 3:30 pm. Come learn about the many species of butterflies found in Coles County, the seventeen varieties of turtles in Illinois, and the many beautiful spring wildflowers that grow in Illinois.

The day will start at Douglas-Hart Nature Center with a butterfly program where participants will learn about the most common butterflies in our area and how to support them through all stages of their lifecycle. This will be followed by a session about turtles found in our area. Learn how to identify them and their habitats as you hike along the nature center trails. Lastly, we will travel to Warbler Ridge to identify spring wildflowers and learn some historical information. Participants will need to be able to hike moderate trails.

Workshop participation is limited to twenty individuals. To register go to <https://go.illinois.edu/DayofLearning> or call the Mattoon Extension office at 217-345-7034. Cost is \$25.00 and includes handouts and door prizes at each session. Social distancing and masks required. Please bring drinking water for the hikes and wear proper clothing.



Weathering the Storm in Agriculture

Stress is a fact of life for farmers. Extension Educators Cheri Burcham and Doug Gucker recently co-facilitated the program Weathering the Storm in Agriculture: How to Cultivate a Productive Mindset with five participants on March 10. This program was offered in webinar format and was co-sponsored by Moultrie and Douglas Farm Bureaus.

The purpose of the program is to help participants learn to identify common stressors, recognize symptoms, and access practical management tools and techniques to reduce the effects of unwanted stress. A quick snapshot evaluation immediately following the session showed that 100% of participants rated the webinar Excellent/Good and said that they gained Quite a bit/A lot of information on where to get and/or send people for help. 67% reported that they gained Quite a bit/A lot in understanding of the impact of stress on our bodies and in confidence in understanding the warning signs of suicide.

Future plans are to continue offering this program and one that targets professionals who work with those in agriculture, in other counties across the state. Cheri will also be offering Mental Health First Aid classes for adults later this year. Please contact Cheri at cburcham@illinois.edu if you would like to know more about these efforts.

This program is affiliated with The North Central Farm and Ranch Stress Assistance Center - a 12-state, 15-partner collaborative created to develop and expand stress management and mental health resources and services for agricultural producers and stakeholders in the North Central region. The North Central Farm and Ranch Stress Assistance Center is funded by USDA NIFA (2020-70028-32728).



Coles 4-H Art Workshop

Coles County 4-H held an art workshop on March 13th. Participants created popsicle clip photo frames and canvas paintings. It was a great day to meet and create! Thank you to the participants for joining us!



Coles Office 217-345-7034

- Pam Vaughan-Sturgeon, County Director
- Kim Morrison, 4-H Educator
- Jenny Lee, Master Gardener and Master Naturalist Coordinator
- Elizabeth Hartke, SNAP-Ed Community Worker
- Jessica Hays, 4-H Coordinator
- Liz Mason, Office Support Assistant

Cumberland Office 217-849-3931

- Jaylynn Schober, 4-H Coordinator
- Kathy Deters, Office Support Associate

Moultrie and Douglas County Office 217-543-3757

- Cheri Burcham, Family Life Educator
- Angie Welker, 4-H Coordinator
- Susan Stollard, SNAP-Ed Community Worker
- Teri Boehm, Office Support Specialist

Shelbyville Office 217-774-9546

- Mary Beth Massey, SNAP-Ed Program Coordinator
- Penny Hood, SNAP-Ed Community Worker
- Yolanda Nation, 4-H Coordinator
- Diana Litteral, Office Support Assistant



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