

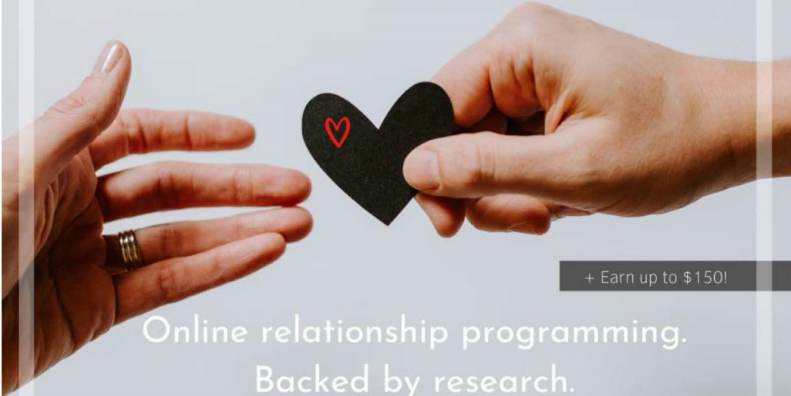


December 2021

IMPACTING YOU

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

(RE)CONNECT



+ Earn up to \$150!

Online relationship programming.

Backed by research.

Free for Illinois residents.

To learn more and how to enroll, visit go.illinois.edu/IllinoisStrongCouples

Since the Fall of 2020, Illinois Strong Couples has been available to Illinois couples to help them strengthen their relationships. The program utilizes ePREP (Prevention and Relationship Education Program) with six online modules plus five video conference calls with a trained coach. Unit #19 Extension Educator Cheri Burcham is one of the trained coaches and has been assisting many couples through the program. Some of the feedback received from couples in the overall program include: "This program has been great for us - we've been able to use it to work through decisions, conflict, and long-term dreaming

about our future. I'm a huge fan"; "We are talking more than we have in a while"; and, "Very satisfied. Feel we now have the tools necessary to improve our relationship." Illinois Strong Couples is also a research project, so enrolled couples not only get the benefit of the program but can also earn compensation for completing surveys about the program. To participate, couples must be 18 years of age or older, be Illinois residents, be married, engaged or living with their partner for at least six months, and be willing to participate in the online program and complete surveys. Those interested can visit the website at go.illinois.edu/illinoisstrongcouples



What participants are saying...



Keep it up. It has opened my eyes greatly and has helped me and my wife reignite the fire we had before as well as helped us lay a foundation for meaningful communication.



This program has been great for us - we've been able to use it to work through decisions, conflict, and long-term dreaming about our future. I'm a huge fan.



The program was great, and we've seen clear benefit from using the techniques learned.

It has given us communication skills to build upon what we are already doing. We are going into a stressful time of year at work and these skills have helped us manage how that stress impacts our communication and relationships.



I really liked the program. I thought some of the techniques wouldn't work for us until we tried them in the coaching sessions.



We are talking more than we have in a while.

I feel that my partner are on the same page and prioritize the principles presented in the course. I'm optimistic about our future together





4-H ACHIEVEMENT PROGRAMS



Coles County

Coles County 4-H had 48 members with families participate in the 2021 4-H achievement program on Saturday, November 13th. We acknowledged 13 first-year members, 17 fifth-year members and 7 ten-year members. In addition, we have three 4-H members join 4-H Alumni: Marylee Orman, Ashley Updegraff, and Ty Nolte. The 2021 Daily Scholarship administered by the Coles County Extension Foundation was won by Lexy Drake. The Daily Scholarship was founded by Elgin and Genevieve Daily. This year Kenley Carr was presented with a silver medal for the 4-H Experience Award and Matthias Hacker received the 2021 Electricity Award. We want to give a special thanks to the Coles County Federation club and leader for helping during this year's achievement program. Thank you to the Coles County 4-H Leaders and parents for all the time, energy, and help for making Coles County 4-H a great program!!



**Cumberland County
Alternate & Outstanding
Overall Members**

Cumberland County

Cumberland 4-H met on November 14 to celebrate the achievements, successes, and hard work put into the 4-H members' projects for the past 4-H year during our Annual Achievement Program led by the Cumberland 4-H Federation group. We recognize new members, give club and individual awards, and celebrate all the things our members accomplished. This was an opportunity to celebrate together as a 4-H family with over 75 people attending the program. Each of these members put in the work, and for that we at Extension are incredibly proud. Congratulations to all of our members on a job well done!

"No great achievement is possible without persistent work."

—Bertrand Russell

Moultrie-Douglas Counties

Moultrie-Douglas 4-H will be holding club Achievement Programs after the new year, to celebrate our members and accommodate busy families.

This fall we have participated in Douglas County Environmental Stewardship Day, Moultrie-Douglas Farm Safety Day and Arthur's Trunk or Treat. We have reached over 500 children from our involvement in these programs. We have also held our first paint pouring workshop and are prepping for the upcoming holiday craft workshop.



**Moultrie-Douglas
Paint Pouring Workshop**

Shelby County

Shelby County 4-H held its Achievement Night Program on Saturday, November 13. 140+ 4-H members and their families were in attendance to celebrate the many successes of the 2020-2021 4-H year. The program was led by a great group of Federation members. Awards included recognizing the 2020-2021 4-H Federation team, State 4-H Excel Award Medallions, Jr. Leaders, 4-H Experience awards, Outstanding 1st, 2nd, 5th and 10th year members, project award medals, outstanding secretary and treasurer awards, and leader recognition. Congratulations to all the winners; we are proud of your hard work and accomplishments. Pictures can be viewed on the Shelby County IL 4-H Facebook page.



Shelby County 4-H Federation

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Shelbyville Office
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