



July 2021

# IMPACTING YOU

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

## Illinois Junior Chef Program

Our SNAP - Ed staff started back with in person cooking classes this month. Students in the Mattoon YMCA summer program had a blast in our Illinois Junior Chef program, learning basic cooking skills like cutting, peeling, mixing, and juicing. They also created some fun and delicious recipes. At the end of the week they received their own set of cooking supplies including cutting boards, measuring cups and spoons, a spatula, a water bottle and a cookbook with all the recipes.



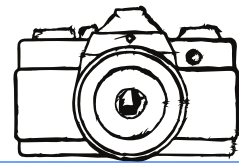
## Cumberland Plasma Metal Art Workshop



On Saturday, June 12, two 4-H members attended the plasma metal art workshop hosted by Nic Taylor of Diligent Hands Metalworking. Each member created their own stencil to trace onto the tin. After that came some practice with the plasma cutter and explanations from Nic on how the machine worked as well as how he operates his business. Then it was time to cut! Each member got to cut out their own designs with some assistance. Once they were finished, they could drill some holes and use some string to hang it. It was a great day of learning!

Pictured: Nic Taylor and Grant Summers

# Shelby 4-H Photography Workshop



Shelby County 4-H was excited to hold a photography workshop for its members. Hallie Horsman, Shelby County 4-H Alumni and Summer Intern, led the workshop.

Members received a handout which explained various functions of their cameras and Hallie also gave tips and tricks on taking photos. 4-H'ers were given time to walk around Forest Park in Shelbyville and they took pictures with various settings on their cameras. The park provided for some great photos with the ducks and geese at the pond and all the beautiful flowers at the Sunken Garden. 4-H'ers went back to the Senior Center and everyone looked at pictures and Hallie provided feedback to members.



## Pollinator Walks



During National Pollinator Week (June 21-27, 2021), Master Naturalist Kathryn Bulver led a series of Pollinator Walks at three sites in Coles County. Each walk began with a presentation on pollination and pollinators, after which participants headed out to look for insects on a variety of flowering plants that differed with each location. Kathryn shared information about the bees, flies, beetles, wasps, and butterflies encountered. Getting a chance to look at a pollen-covered native sweat bee through close-focusing binoculars was a new experience for the attendees! This photo was taken on the last walk, which was the smallest group, at a local library that has several "Butterfly Hotspot" planting areas created by the Urban Butterfly Initiative.

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