



2016 Impact Report

UNIVERSITY OF ILLINOIS EXTENSION
SERVING CALHOUN, CASS, GREENE,
MORGAN, & SCOTT COUNTIES



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A Note from Your County Director

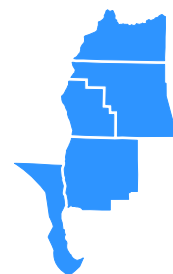
U of I Extension is very fortunate to have a very talented and skilled set of staff throughout our 5 county unit. Each one of our staff believe in the people of our communities and strive to provide research-based educational programs that will help our citizens realize their dreams and aspirations. Our staff know that education is an essential element of both individual success and societal success. We as Extension workers know that we serve as the link between the people and the ever-changing discoveries in laboratories at our Land-Grant Universities.

It is a pleasure for me to share with you a variety of program examples and educational opportunities that we offered this past year. Our goal is to continue to provide you with practical information that you can trust and more importantly that will help you build a better future.

I am proud to serve as the County Director in Calhoun, Cass, Greene, Morgan, and Scott Counties, and I ask that you take a moment to enjoy the highlights of this report.

Aaron N. Dufelmeier

County Extension Director
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Our Mission

Extension provides practical education you can trust to help people, businesses, and communities solve problems, develop skills and build a better future.

Our staff is committed to developing and delivering programs that impact the lives of our community members. The programs we offer are derived through local needs assessment processes.

Our Goal

To provide meaningful and impactful programming to the people throughout our communities.

What We Do

U of I Extension is the flagship outreach effort of the University of Illinois at Urbana-Champaign. We provide answers based on scientific research in areas like nutrition, the environment, gardening, family, youth leadership, business and community. Extension works to strengthen our local food production, distribution, and use to enhance our fresh food supply.

Unit Financial Report		2016
REVENUES		\$767,000
Local		49%
State		32%
Federal		3%
University		10%
Other Partnerships		6%
EXPENSES		\$767,000
Personnel		72%
Non-Personnel		28%

That was so interesting, I wish I could go back in time and be an entomologist! Why did I major in English?

MASTER NATURALIST PARTICIPANT—FALL OF 2016



Our Master Naturalists logged over 400 hours in 2016.

Volunteer work continues with a number of organizations and agencies including the US Fish & Wildlife Service (Two Rivers NWR and Illinois River National Wildlife and Fish Refuge Complex), Tree House Wildlife Center; McCully Heritage Project, Jim Edgar Panther Creek State Fish & Wildlife Area, Friends of the Sangamon Valley, and Trees Forever.

A couple of notable projects include a wetland (built for educational purposes with the help of Friends of the Sangamon Valley, Trees Forever and US Fish & Wildlife) and the Monarch program for teachers held at the Morgan County office. Master Naturalists also helped with the Monarch Waystation project.



Environmental Stewardship

Our Master Gardeners have given back to our communities by providing educational opportunities and working on numerous projects including the work at the Jacksonville Library Children’s garden, the establishment of Monarch Waystations, as well as education regarding Monarchs and milkweed plants. Work also continues in collaboration with the Salvation Army, the Duncan Mansion, Prairieland Heritage Museum, Jacksonville Public Library, area Farmers Markets and other community projects throughout the unit.



Master Gardener Volunteers



It's All About Those Bees...

Beekeeping has become a popular hobby for many people. People become involved in beekeeping for a variety of different reasons. They may be interested in producing their own honey, keeping bees for their pollination services, are concerned with bee populations or just find them fascinating.

Because of this increased interest in beekeeping in the area the Calhoun-Cass-Greene-Morgan-Scott Unit offered a Beginning Beekeeping course. This 5-part course covered the basics of keeping honey bees from the history of beekeeping, honey bee biology, beekeeping equipment, beekeeping through the seasons as well as products from the hive.



There was also a hands-on Hive Day where participants were able to learn how to work with the different tools used in beekeeping as well as being able to observe an active hive.

The 20 participants, most of whom had never kept honey bees before, were able to learn from experienced beekeepers as well as the local Apiary Inspector with the Illinois Department of Agriculture.

100% of participants that filled out evaluations rated the course as "super". 92% said they will use at least some of the information that was presented. 76% indicated that as a result of this course they intend on keeping honey bees within the next 2-3 years.





Farmer's Market

University of Illinois Extension worked to bring a Farmers Market to Scott County. The market ran from June–October offering fresh, local produce to area residents. The market was held every Thursday from 4–7pm.

2 weeks after the market began in the town of Winchester, the community lost their only grocery store with fresh produce. Thanks to the efforts of local growers, community members had access to fresh produce.

Local Government Education

Calhoun, Cass, Greene, Morgan and Scott county local government officials received access to on-going Local Government trainings during 2016. The trainings were available live via a webinar and 24/7 through taped broadcasts. Topics included: Illinois Demographic Snapshot and Review, Comprehensive Economic Development Strategies at Work in Illinois, How do you

make essential services more effective and efficient?, Task Force on Consolidation and Unfunded Mandates, Dealing with the Current Fiscal Climate, Illinois State Budget Crisis & the Impact on Local Government.



May I
Help
You?

Customer Service

Customer Service Training in the Unit brought in over 45 individuals with nearly 25 companies represented. The training focused heavily on the following:

- ▶ How a Positive Attitude Can Win Over Customers
- ▶ How Body Language and Energetic/Sincere Phone Skills Can Impact Business
- ▶ How Knowledge of the Area Can Keep your Customers Coming Back

Illinois Nutrition Education Program

During 2016 Extension INEP staff provided education to:

Calhoun County:

- ▶ St Paul's Lutheran Church
- ▶ Calhoun Elem School
- ▶ Brussels Grade School
- ▶ Hardin Senior Center

Morgan County:

- ▶ Dpt. of Human Services (DHS)/Job Center
- ▶ Early Years Pre School
- ▶ Educational Day Care
- ▶ First Presbyterian Church Day Care Center
- ▶ Ivan K Garrison Center
- ▶ Jacksonville Area Community Food Center
- ▶ Lincoln Elementary School
- ▶ Meredosia Elementary School
- ▶ Morgan County Health Department WIC
- ▶ Morgan County Housing Authority
- ▶ North Elementary School
- ▶ Salvation Army
- ▶ Share the Love
- ▶ South Jacksonville Elementary School
- ▶ Spirit of Faith Soup Kitchen
- ▶ Volunteers of America
- ▶ Washington Elementary School

I don't know how you are doing it, but our son seems to be more willing to try new foods and just the other day, we were watching a TV show and during a commercial he stood up and told us all we needed to get up and exercise during the commercial.
2ND GRADE PARENT

Unit 15 SNAP–Ed Extension staff work to promote healthy eating habits and physical activity through fun and interactive programming consistent with the current Dietary Guidelines and MyPlate.

Cass County:

- ▶ A–C Central Elem School
- ▶ Beardstown Foodbank
- ▶ Beardstown Housing
- ▶ Cass Co Food Pantry
- ▶ Gard Elem School
- ▶ Grand Ave School
- ▶ PACT Head Start
- ▶ St. John's Lutheran Church
- ▶ Virginia Elem School

Greene County:

- ▶ Carrollton Grade School
- ▶ Eldred Baptist Church
- ▶ Greene Co Health Department
- ▶ Greenfield Elementary School
- ▶ IL Valley Headstart - White Hall
- ▶ North Greene Area Food Pantry
- ▶ North Greene Elem. School
- ▶ Roodhouse Public Library
- ▶ White Hall Township Library





State 4-H Livestock Judging team members

Senior Team Members: Dalton Johnston, Abigail Critchelow, Carlee Critchelow, Kira Sayre, Chasey Tabbitt, Erin Lakamp, Jenna Wheeler, Lane Rahe, Blake Hadden, Dillon White, Chase Tomhave, and Austin Dufelmeier

Junior Team Members: Skyler Bartz, Parker Eddinger, Alex Dufelmeier, Allison Wheeler

Our youth learn how to evaluate and judge animals based upon phenotypic and genetic or genotype differences. 4-H members under 13 or those in the Jr. division focus on their evaluation skills and their ability to answer questions about the livestock. Our youth 14 and up work specifically on the same visual and genetic differences of the animals, but focus very specifically on presenting oral reasons. Oral reasons are a conversational way to tell a judge or someone listening why you placed the class the way you did.

It teaches young people how to separate differences but even more how to verbally justify the decision they have made - **tremendous life skill!** We are very passionate about working with our young people and preparing them for their future - livestock evaluation and oral reasons is a great way to do so.



The State Contest—Champaign:

- ▶ 34 Senior Teams
- ▶ 30 Junior Teams

Success was achieved through hard work and determination!

Sr. division results—

- ▶ 1st Sr. team in Sheep/Goats
- ▶ 3rd Sr. team in Swine
- ▶ 10th Sr. team in Cattle
- ▶ 7th Sr. team in Reasons

4 of the 12 seniors on our teams were invited back to compete for a spot on the state 4-H team. We believe in our 4-H program, we believe in our youth, and we are proud of our 4-Her's and enjoy every moment of preparing these young people for adulthood.



Youth-Fun-Food

Fashioned after the TV Show “Chopped,” youth participating in the Illinois Food Challenge sharpen their cooking skills, prepared foods with uncommon ingredients, and learn about cooking methods and good nutrition.

Discussions were held within our Unit to develop ways to further acquaint youth in Cass County with the 4-H program. The 4-H Food Challenge seemed a perfect fit. Due to the Beardstown Houston Library’s close proximity to the school, it was selected as the host site. Flyers advertising the program were distributed in English and Spanish at the library and school. Twelve youth who previously had not been in 4-H registered to participate in the 6 week program.



ILLINOIS FOOD Challenge

Sessions included lessons on nutrition, food safety, and proper cooking techniques. The youth were divided into teams. Teams were given 15 minutes to plan a menu, decide pantry items, assign food prep jobs, and 40 minutes to cook. At the end of the cooking time, teams made a presentation to the judges. The presentations included information about the nutrition value of the food, ingredients, and cooking techniques used. Foods were judged on appearance, taste, and use of the challenge food.

The program contained 6 sessions. Each with its own unique food to be prepared with a challenge item. With each session the recipes became more complex and the presentations more developed. You could see the youth’s confidence in their food preparation grow.

Responses to the program were phenomenal. “Best after school program ever” were what we heard most often. Some who had come to utilize the library wanted to join after seeing what the kids were doing.

Funding for the 4-H Food Challenge was provided by proceeds from the *Favorite Recipes of Illinois 4-H Throughout the Years Cookbook* sales and administered by the Illinois 4-H Foundation.



4-H Explore Camp

University of Illinois Extension 4-H Explore Camp program was held on June 13 and 14 at Illinois College with 25 seventh and eighth grade girls in attendance. The girls attended mini sessions related to science, criminal justice, art, agriculture, and healthy living. NEW this year, campers were able to explore businesses within the community by On The Go sessions as well as visit with local nursing home residents. The camp also gave the girls the experience of staying overnight in a college dorm which generated interest and enthusiasm for college or technical school opportunities. Each camper provided feedback through the 4-H Common Measures: Career and College Readiness Evaluation.

Local college professors, business owners and entrepreneurs provided the educational sessions for the EXPLORE Camp. This program could not have been possible without the support and advertisement from local businesses, school systems and Illinois College. This camp was also funded by local sponsorship (Prairieland FS, The Farmers State Bank and Trust Company, and Cass-Morgan Farm Bureau and Illinois 4-H foundation through a \$1200 Program Grant. Check out the Explore Camp movie on our Facebook page.



Extension in Action





Staff Directory

SERVING CALHOUN, CASS, GREENE, MORGAN, & SCOTT COUNTIES



Aaron Dufelmeier
County Extension Director



Duane Friend
Energy and
Environmental
Stewardship Educator



April Littig
4-H Youth Development
Educator



Kenneth Johnson
Horticulture Educator



Jennifer Russell
Community and
Economic Development
Educator



Tanya Hetelle
4-H Program
Coordinator



Dustin Fritsche
Community and
Economic Development
Program Coordinator



Tammi Koltveit
SNAP-Ed Community
Worker



Melinda Vortman
SNAP-Ed Community
Worker



Michelle Berg Vogel
Agriculture and Natural
Resource Program
Coordinator



Terri Wilson
Office Support Specialist



Brenda Robinson
Office Support Assistant



Georgi Flowers
Office Support Assistant

U of I Extension staff in Calhoun, Cass, Greene, Morgan, and Scott Counties work very closely with our local council made up of citizens that reside in all 5 of our counties.

Our council members help our staff to ensure that the programs we are delivering are relevant and meet the needs of our communities. Members of our council include:

COUNCIL MEMBERS

Terry Strauch, *Calhoun County*
Robbie Strauch, *Calhoun County*
Kirby Ballard, *Greene County*
J.R. Blair, *Cass County*
Carol Casey, *Calhoun County*
Dale Hagen, *Calhoun County*
Charlie Casey, *Calhoun County*
Dan Cunningham, *Greene County*
Mary F. Tunnison, *Greene County*

Steve Warmowski, *Morgan County*
Lance Steckel, *Scott County*
Robert Schafer, *Scott County*
Kevin Ring, *Cass County*
Mary Lee Williams, *Morgan County*
Diane Ryals, *Morgan County*
Craig Lashmett, *Scott County*
Bob Schaefer, *Cass County*

OFFICE INFORMATION

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M-F, 8-12, 1:00-4:30

Calhoun County
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Tues/Thurs 8-12, 1-4:30

Cass County
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Virginia, IL 62691
(217) 452-3211
Fax: (217) 452-7260
M/W/F, 8-12, 1-4:30

Greene County
RR 3, Box 129C
Carrollton, IL 62016
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Fax: (217) 942-3827
M/W, 8-12, 1-4:30

Scott County
401 N. Walnut
Winchester, IL 62694
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ONLINE



<http://web.extension.illinois.edu/ccgms>



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Master Naturalist Field Trip—Fall 2016



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 in any program, please contact the county Extension Office.
The Illinois Nutrition Education Program is funded by the Supplemental Nutrition Assistance Program (SNAP).

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