



# 2017 Impact Report

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

**I** ILLINOIS

Extension

COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES





# ILLINOIS

## Extension

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### A Note from the Director

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.

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 improve the lives of our community members. The programs we offer are derived through local and statewide needs assessment processes.

It is our goal to provide meaningful and impactful programming to people throughout our communities.

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

Aaron N. Dufelmeier

County Extension Director  
dufelmei@illinois.edu



### Our Mission

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

### What We Do

We create and deliver meaningful, value added, and research-based educational programming to youth and adults.

### Why It Matters

We improve the lives of our community's residents by serving as the link between the people and the research at the University of Illinois.



## Get Into Gardening

The Get Into Gardening series was created as a result of program participants indicating that they would be interested in learning more about gardening, specifically how to grow different types of plants.

Ten different seminars were offered:

- Gardening 101
- Seed Starting
- Cool Season Plants
- Tree Fruit Care and Pruning
- Root Crops
- Cucurbits
- Tomatoes, Potatoes, and Peppers
- Fall Gardening
- Seed Saving
- Planting Wildflower Seed

More than 40 participants shared that they would be incorporating knowledge they gained from the presentations into their gardens.

Some comments included:

- › Start my first garden!
- › Make some improvements on planning my garden
- › I plan to start a special tomato that I can't buy as a plant locally
- › Plant two more dwarf trees according to guidelines outlined. Use branch spreaders on my apple trees
- › I plan to plant radishes and carrots for the first time and may attempt sweet potato
- › As plants present disease, will be able to identify and treat– prevent
- › This should help me tell when to pick watermelons



## Master Gardener Training

University of Illinois Extension Master Gardeners are a special group of people who all have a common interest – a love of gardening and the desire to share that knowledge with others. The program aim is to give intensive horticultural training to individuals who will, in turn, "Help Others Learn to Grow."

The Calhoun, Cass, Greene, Morgan and Scott Extension Units offered Master Gardener training to residents of each unit. This year training was offered in the evenings to meet the needs of people who are currently working and would not be able to attend training during the day. Trainees attended classes twice a week over a ten-week period. Classes covered a wide range of horticultural topics including botany, soils, woody and herbaceous plants, fruits and vegetables, insects, and plant diseases.

Participants were given a pre-test at the beginning of the training to assess their gardening knowledge. Upon the conclusion of training participants were given a post-test in order to assess the knowledge they had gained. Participants improved their score on average by 66%. Participants also indicated that by taking Master Gardener training they have become better gardeners and will be better stewards of the environment.

Our Master Gardener volunteers in the unit provide horticultural outreach to our residents and communities. Last year Master Gardeners provided over 460 hours of volunteer service to our local communities.





## Our Master Naturalists in Action



In April of 2017, our Master Naturalists participate in the Illinois River Watch Training



**It has been interesting, rewarding and fun volunteering as a Master Naturalist and a member of the USDA Earth Team.**  
**GARY W. GRAMS**

What do people do when they retire? You start to look for interesting things to do that can make your life productive. It's like working but it's called volunteering. No pay expected! My wife, Sharon, and I signed up to take the Master Naturalist course offered by University of Illinois Extension. This course offers an opportunity to become a Citizen Scientist with knowledge to support local conservation initiatives. Those who take these lectures and local field trips get hands-on experiences they can use as volunteers. Once you have completed the course requirements, you are required to accumulate 60 hours of volunteer work within the following year. With my professional experience as a chemist in agricultural, industrial and academic positions, I began looking for opportunities for a chemist to provide voluntary assistance. I read an article in our local newspaper announcing a field day for farmers and other interested people to observe projects to conserve soil and water in the Lake Springfield watershed. These projects demonstrated various cover crops, bioreactors, and water management procedures used to reduce nutrients leaving farmers' fields and entering the watershed. Better management practices need to be developed to bring good health back to the Gulf. After attending the field day, I began looking for people who wanted to help farmers analyze their water samples for nitrates in their discharge from their fields that enter the Illinois watershed. A second article in the local newspaper describe how the Morgan County Soil and Water Conservation District, Natural Resources Conservation Service (NRCS) was initiating a program in our county to analyze water samples submitted by local farmers. I contacted the district office and was fortunate to find they were looking for volunteers to serve on the USDA Earth Team. Over the last year I have spent over 70 hours helping develop the nutrient reduction program in Morgan County providing farmers analytical services so they can improve their fertilizer management practices.



## Private Wastewater Contractors Seek Continuing Education

Illinois contractors who install private wastewater systems or pump out those systems now have increased continuing education requirements to maintain their licenses. For the third year in a row, educators in the unit worked with the Onsite Wastewater Professionals of Illinois (OWPI) and local health departments to provide a seminar for these individuals.

Approximately 65 contractors, sanitarians, health administrators, and industry representatives attended the seminar, which provided information on Illinois Department of Public Health program updates, advanced treatment leachfields, high strength waste facilities, and new product options and uses.

Comments afterward indicated contractors appreciated the seminar content and learning about new technology.

New technology being showcased at the Wastewater Contractors Training.



## Increased Buzz

Due to the significant interest in beekeeping, the Calhoun-Cass-Greene-Morgan-Scott Unit offered a second course in the fall. This five-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 25 participants, many of whom had never kept honey bees before, were again able to learn from experienced beekeepers as well as the local apiary inspector with the Illinois Department of Agriculture. These beekeepers were able to share their personal experiences with the participants.

- › 100% of participants that filled out evaluations rated the course as “Good”.
- › 100% also said they will use at least some of the information that was presented.
- › 94% indicated that as a result of this course they intend on keeping honey bees within the next 2–3 years.



## Health Rocks Program

Health Rocks!® is a healthy-living program based on decision making and appropriate health knowledge with its beginning-level curriculum targeted at youth ages 8 to 12, and intermediate-level curriculum targeted at youth ages 12 to 14. The hands-on program, taught by teen/adult partnership teams, help youth learn key health messages and skills such as critical thinking; managing stress and peer pressure; communicating effectively; and strategies to analyze media messages.

In 2017, North Greene and Winchester School districts participated in the program. There were approximately 75 sixth or seventh grade students engaged in the program.

Learning outcomes include:

- › Understanding of health messages related to tobacco and drug use
- › Teach youth how to take control of and make choices
- › Ability to make decisions based on accurate information
- › Building enduring youth/adult partnerships to address healthy living choices

Youth are also building positive youth development elements: independence, belonging and mastery.



Winchester Jr. High students presented with certificates of completion.

## Calhoun 4-H club Enrollment Increases

### SIGN ME UP

2016 saw the first of four new 4-H clubs in Calhoun, Hardin Busy Bees (8 to 18-year-olds) and Cloverbud Hardin Busy Bees (5 to 7-year-olds). Members exhibited at their first fair and made plans for the next exhibit season. In 2017 year two more clubs formed. Calhoun Appleseeds (8 to 18-year-olds) and Cloverbud Calhoun Applesseeds (5 to 7-year-olds). In total 4-H membership increased from five members and two volunteers to 78 members and 10 volunteers.



### State 4-H Livestock Judging Contest

There were 29 senior teams and 26 junior teams at the State 4-H Livestock Judging Contest. Dufelmeier coaches our livestock judging teams from all counties in our unit and very proudly share their success. Our senior team #1 was 2nd place Sr. team in Reasons, 2nd place team in Sheep/Goats, 3rd place team in Swine, 6th place team in Beef, and 4th High Team Overall. Our senior team #2 was 10th team in Reasons, 10th team in Swine, 11th team in Beef, 12th team in Sheep/Goats, and 11th team Overall. Sr. individual recognition included 6th in Reasons, 9th in Beef, and 10th in Sheep/Goats. Our team members are competitive, talented, and have excellent communication skills that allow them to articulate their justification for why they place classes the way they do through oral reasons.





## 4-H Members Give Back

One in five Illinois children under the age of 18 face hunger daily. Illinois ranks 26th in the nation when it comes to the number of children facing food insecurity. An estimated 745,300 children are living in food-insecure homes. This represents 23% of Illinois youth under the age of 18. 4-H members, families, clubs, and communities are responding to the need through community gardens, meal packaging events, and meals for the hungry.

Illinois 4-H is empowering youth to end hunger in their communities. With funding support from Evelyn Brandt Thomas and the Illinois 4-H Foundation, Illinois 4-H is expanding its efforts across the state. 4-H members plant community gardens, stock food pantries, prepare community meals, provide weekend backpack meals, and promote farmers markets. We want 4-H members, volunteers, families, and whole communities to be part of the solution for alleviating hunger where you live.

4-H members are given the opportunity throughout the 4-H year to participate in many different activities to provide them with opportunities to experience a sense of belonging, independence, generosity, and mastery. Through the program, community service and projects are encouraged.



4-H members from Cass, Morgan, Scott, and Greene counties package more than 10,000 meals for distribution to fight local hunger.

**If someone were to ask me what organization has impacted me the most, I would immediately answer 4-H.**  
**BETH WARDEN**

**4-H has provided experiences that are guiding my career path.**  
**DALTON BARTZ**

**I will continue to be an active role model; promoting, mentoring, and advocating, through my 4-H journey, I am looking toward the future and planning a career in community service using the skills I have developed as a 4-H member.**  
**ANNE BECKER**

**4-H has made me grow in so many ways, I plan to attend college and major in Animal Science. The communication and leadership skills I have learned from 4-H will help me to be successful in life.**  
**DILLON WHITE**

**I do not want my community service to end, 4-H has shown me that I can give back—I can be challenged and overcome obstacles—and most importantly I can make a difference.**  
**DALTON BARTZ**

**4-H has inspired me to be a leader and inspire others.**  
**BETH WARDEN**



## Supplemental Nutrition Education Program

The University of Illinois Extension Unit 15 SNAP-Education program was asked to teach a nutrition class to people who were part of a Hispanic outreach effort designed to bring education to the Hispanic community. The class was a two-part series called Making a Change. The participants cooked healthy meals designed to show how to plan a meal following My Plate (United States Department of Agriculture dietary guidelines). The people attending the class came with a lot of cooking experience, but there was limited experience following a recipe or using measuring cups and measuring spoons. These skills were taught during the class.

The participants received education about planning meals, how to buy fruits and vegetables on a budget, and how to read nutrition labels at the store. They also learned how to make healthy changes by reducing the salt, fat, and sugar in their everyday meals. The participants enjoyed cooking together and they commented on the taste of the nutritious food. The participants asked questions and there was a person to interpret the Spanish language when it was needed.



**My daughter, Cora, has LOVED this experience and can't wait to make the recipes at home. This class has built her confidence and helped her explore a life skill she's really interested in. Thank you for offering it!**

## The Love of Cooking

July 2017 was a big month for 20 kids as they piled into the Extension office to learn cooking skills that will last a lifetime. The response was so great that the class is currently full for next year.

Illinois Junior Chefs is a fun hands-on activity that kids enjoy. The children meet for five days two hours each day. The children learn about safety in the kitchen first and then all of the different food groups. The children were able to cook two recipes each day. This year SNAP-Education partnered with the Master Gardeners as they used their skills to help the children bring the food to the table. It turned out to be great fun and the children seemed to really enjoy getting to cook in a safe environment. At the end of the week, the children received a graduation certificate, a recipe book, and kitchen utensils for the job well done while their family enjoyed some Summer Chili and Eggs Olé.







## Self-Sufficient Living

The Salvation Army wanted to start a garden so they partnered with the University of Illinois Extension to send a person through the Master Gardener training and have a Master Gardener plant, grow, and harvest the garden. The food is then donated to the Salvation Army and given freely to the community.

The SNAP-Ed community worker met with the Master Gardener and the Salvation Army case worker to combine forces to tell the people at the Salvation Army about why it is important to eat nutritious foods and how they can grow their own garden to increase the amount of fruits and vegetables available to them during the spring, summer, and fall months.

The SNAP-Ed community worker talked to the people about why it is important to eat fruits and vegetables. Information was shared about how fruits and vegetables give you vitamins and minerals causing you not to get sick as much and how each different color of fruit and vegetables has different vitamins and minerals. There was also food for people to taste to encourage attendance and get people to try vegetables like spinach, zucchini, and acorn squash. Information was also given on how to get low prices on fruits and vegetables in the store and how to plan your meals and shopping trips.

The most important information was to inform low-

income people about how they can use their SNAP food dollars to purchase seeds, plants, and fruit-producing trees for a garden. The Master Gardener showed people how they can make a no-till garden by putting down newspaper on grass, covering the newspaper with two inches of soil, and then sowing seeds directly in the soil. People were also given small pots made of newspaper and free seeds to put in the pots. The Master Gardener also shared information about how to grow seeds in leftover plastic wear. Information like planning your garden near a water source was also shared. Throughout the warm months, people were taken outside to see the garden and shown first hand how to grow vegetables. During the fall months when it started to get cold, the Master Gardener shared information about how to grow fruits and vegetables indoors.

Participants shared how they shop for food, plan for meals, and their experience growing fruits and vegetables. At least three people started a garden after attending the classes and some of the people also started attending the cooking class at the Salvation Army where the program called Eating Smart Being Active is taught by the SNAP-Ed community worker. The case worker and secretary at the Salvation Army report that people enjoyed the class and that they ask about when the next class is held. The Master Gardener is currently working with the Extension Horticulture Educator to apply for grants providing more food for the community and more education to the people.





## Increasing Awareness and Understanding of Poverty

Poverty is a reality for many individuals and families. But unless you've experienced poverty, it's difficult to truly understand. The Community Action Poverty Simulation (CAPS) bridges that gap from misconception to understanding. CAPS is an interactive immersion experience. It sensitizes community participants to the realities of poverty. CAPS is not a game. It is based on real Community Action clients and their lives.

CAPS exists to promote poverty awareness, increase understanding, and inspire local change.

Nearly 100 teachers participated in a Poverty Simulation in 2017. The evaluations showcased that many participants gained insight into the stress and frustration felt by families in poverty.

Below are two simulation family members who returned home to find that the bank had foreclosed on their house—evidenced by the chairs folded and laid down.



## The Best of Cass County “Promote Local”

As a way to promote and highlight local interest in local businesses, the Cass County Overall Economic Development Commission and University of Illinois Extension sponsored The Best of Cass County contest. Our Program Coordinator for Community and Economic Development, Dustin Fritshe, administered the contest using a variety of media to advertise the contest. He utilized the Qualtrics survey tool to build a nomination form and a ballot. Nominations were accepted for a two-week timeframe. Forty nominations were submitted online or on the paper form.

Over 350 ballots were returned online or via hard copy. Certificates were presented to the winners and announcements were included in the local paper and posted to the Cass County website.

## Helping Local Government

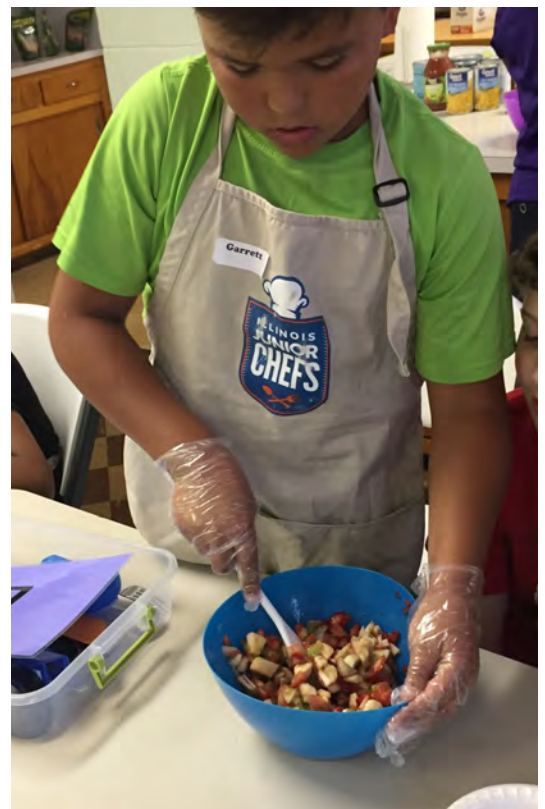
Elected and appointed government officials and administrators improve their knowledge and skills through professional development opportunities offered by University of Illinois Extension. Our participants benefit from the advanced instruction and broad expertise that instructors bring to all our programming. Our officials participated in the following sessions in 2017:

- › 2016 Legislative Update
- › Investing in Building Energy Savings
- › Municipal Water Systems and County-wide Solutions
- › Illinois Broadband: Federal Policy Framework
- › 5 Things Every Elected Official should know about Disaster Preparedness
- › 5 Strategies for Attracting and Retaining Youth in Rural Communities
- › Age-Friendly Initiatives: Making Communities Livable for All Ages
- › The Opioid Crisis: Community Strategies for Treatment and Recovery
- › Social Determinants of Health and Community-based Interventions
- › Health in All Policies Local Government





## Extension in Action





## Smart Meter Education

Extension Energy and Environmental Stewardship Educators received a grant from the Illinois Science and Energy Innovation Foundation (ISEIF) to provide programming to communities served by Ameren and Com Ed on smart meters and the smart grid.

These programs provide information and answers to the general public on what smart meters are, how they work, and ways that consumers may be able to lower their energy bills. In addition, our educators discuss what is meant by smart grid technology, and how this technology is being used to reduce power outages and reducing the potential for catastrophic power loss.



## One of the best Extension Programs I have attended.

PROGRAM PARTICIPANT

## Timber Sales and Marketing

Calhoun-Cass-Greene-Morgan-Scott Unit conducted a Timber Sales and Marketing seminar that was held in Cass County.

Thirty-seven registrants heard Extension State Forester Jay Hayek present information on how to market timber, how to properly conduct a timber sale, how to involve a professional forester, tax and basis implications, and how to guarantee woodland owners more income and more timber sales over a land ownership tenure.

Evaluations included the following comments:

- › Excellent overview and context for forest management. Helps me plan for overall property management and specifically when to manage or harvest timber.
- › Everything was great! I've only just heard of share deals and now I know I will NEVER do one! The class was very informative and educational.
- › Excellent, professional, accessible presentation. Good handouts, especially sample contract and tax treatment. Good information on definition of timber basis.
- › Knowledgeable presenter, practical information.







Aaron Dufelmeier  
County Extension Director



Kenneth Johnson  
Horticulture Educator



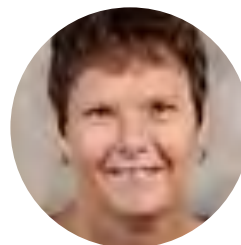
Jennifer Russell  
Community and  
Economic Dev. Educator



April Littig  
4-H Youth Development  
Educator



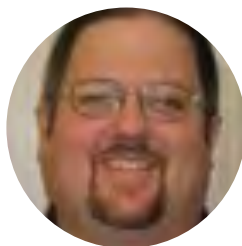
Duane Friend  
Energy and Env.  
Stewardship Educator



Tanya Hetelle  
4-H Program  
Coordinator



Michelle Berg Vogel  
Ag. & Natural Resource  
Program Coordinator



Dustin Fritsche  
Community & Econ. Dev.  
Program Coordinator



Melinda Vortman  
SNAP Program  
Coordinator



Therese Wilson  
Office Support Specialist



Brenda Robinson  
Office Support Assistant



Georgi Flowers  
Office Support Assistant

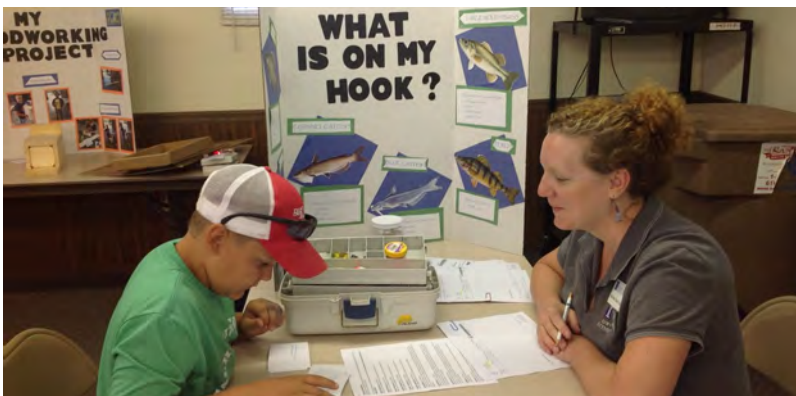




We are focused on developing a sense of Belonging, Independence, Generosity, and Mastery.



Extension in Action



## Financial Report

2017

REVENUES	\$784,409.00
Local	54%
State	33%
Federal	10%
University	3%
EXPENSES	\$784,409.00
Personnel	71%
Non-Personnel	29%



## Extension Council Members

Terry Strauch, Calhoun County  
Kirby Ballard, Greene County  
J.R. Blair, Cass County  
Diane Stelbrink, Calhoun County  
Lance Steckel, Scott County  
Robert Schafer, Scott County

Tammy White, Morgan County  
Caroline Bartz, Morgan County  
Bob Schaefer, Cass County  
Mary Crawford, Calhoun County  
Sally Mansfield, Greene County  
Steve Warmowski, Morgan County

Will Andras, Scott County  
Tim Preston, Morgan County  
Stephanie Knittel, Greene County  
Jack Liddick, Cass County  
Todd Behrends, Cass County  
Jamie Behrends, Cass County

## Office Locations

**Morgan County**  
104 N. Westgate  
Jacksonville, IL 62650  
Phone: (217) 243-7424  
Fax: (217) 243-1544  
uie-ccgms@illinois.edu  
Mon-Fri, 8 am-4:30 pm  
(closed 12-1 pm)

**Calhoun County**  
818 S. Park, P.O. Box 366  
Hardin, IL 62047  
Phone: (618) 576-2293  
Fax: (618) 576-8013  
Tues/Thurs, 8 am-4:30 pm  
(closed 12-1 pm)

**Cass County**  
651 S. Job  
Virginia, IL 62691  
Phone: (217) 452-3211  
Fax: (217) 452-7260  
Mon/Wed/Fri, 8 am-4:30 pm  
(closed 12-1 pm)

**Greene County**  
RR 3, Box 129C  
Carrollton, IL 62016  
Phone: (217) 942-6996  
Fax: (217) 942-3827  
Mon/Wed, 8 am-4:30 pm  
(closed 12-1 pm)

**Scott County**  
401 N. Walnut  
Winchester, IL 62694  
Phone: (217) 742-9572  
Fax: (217) 742-3582  
Tues/Thurs, 8 am-4:30 pm  
(closed 12-1 pm)

## ONLINE



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





# **I** ILLINOIS

## Extension

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 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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