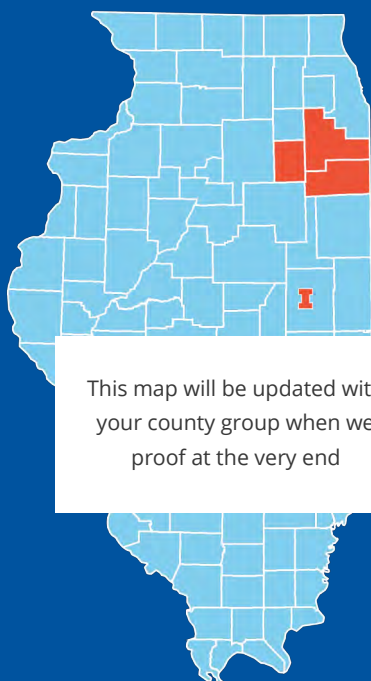


University of Illinois Extension provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future. Based in the College of Agricultural, Consumer and Environmental Sciences, Extension is the statewide outreach program of the University of Illinois at Urbana Champaign.



This map will be updated with your county group when we proof at the very end

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## A Message from the Chancellor

The University of Illinois at Urbana Champaign is an economic engine and a driver of innovation deeply rooted in the Illinois prairie and engaged statewide, from Cook County to Cairo. Illinois Extension brings the University to your doorstep. Extension educators live and work alongside you in every county, allowing the university to support local leaders, businesses, farmers, and residents to address grand challenges and everyday problems with practical, research-based solutions. As a youth, my own 4-H experience inspired a rewarding career in agricultural research and higher education. Today, it's an honor to lead this great public university and deepen its commitment to serve the people of Illinois.

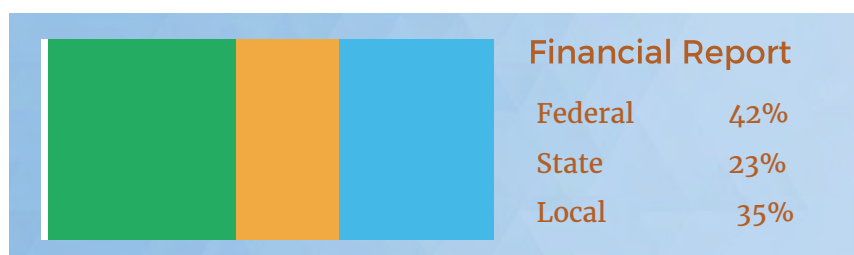
Robert J. Jones  
Chancellor, University of Illinois



## A Note from the County Director

On behalf of University of Illinois Extension and the staff serving Clay, Effingham, Fayette and Jasper Counties, I want to personally thank you for your continued support. In 2018, Extension serving our four counties saw growth in program delivery and welcomed a new SNAP-Ed Community Worker and Watershed Outreach Specialist. Our commitment remains strong to bring you relevant, reliable and responsive education to improve lives and economies throughout the communities in which we live, work and play. University of Illinois Extension continues to adapt to meet the local needs of our clientele and will continue to serve our local communities for years to come. Extension is part of the solution to the challenges we face in Illinois and we are looking forward to addressing those challenges with our local partners. Extension is thankful for local support from County Boards as well as local Farm Bureaus, 4-H and Extension Foundations, Home and Community Education Associations and individuals and business contributions. We are excited about the 2019 year and the programs Extension will be delivering throughout Clay, Effingham, Fayette and Jasper Counties. Visit our website often for upcoming programs, calendar of events, news releases and additional research based information. I look forward to our continued relationship as we build for the future.

Carl Baker  
County Extension Director/Unit 21





## Unit 21 Welcomes New Staff Members



Jennifer Woodyard joined the University of Illinois Extension Unit 21 staff as a Watershed Outreach Associate. She serves the Embarras River and Little Wabash River Watersheds, which are phosphorus priority watersheds in the Illinois Nutrient Loss Reduction Strategy.

Woodyard works with farmers and other stakeholders to reduce total phosphorus losses from agricultural lands, which can negatively impact water quality in Illinois and downstream to the Gulf of Mexico. She serves as an educator on Best Management Practices (BMPs) available to reduce nutrient loss, such as reduced/no-tillage, cover crops, filter strips, etc. Woodyard also acts as a technical advisor in the field for producers interested in implementing BMPs.

She received her Master's Degree from Purdue University in Agronomy, and her Bachelor's Degree from University of Illinois in Natural Resources and Environmental Sciences, with a minor in Crop and Soil Management. She is also a Certified Crop Adviser (CCA).



Pam Heiser began her employment at the University of Illinois Extension in January, 2018, serving Effingham and Jasper Counties as a SNAP-Education Community Worker. Her primary responsibility is to provide nutrition education by means of youth programming such as; Color Me Healthy and Organ Wise Guys and adult programming such as; Eating Smart-Being Healthy and My Plate Family Meals. She will also be at various places in the community setting up nutrition stations; providing nutrition/health information, recipes and possibly a food sample. In the summer, she will be providing additional programs which include: Illinois Junior Chefs and Catch-Spark.

Pam holds a Bachelor's degree in Sociology with a minor in Family and Consumer Sciences. Her past work experience includes: case management, family advocate, community employment services, social service director and hospitality.

Pam enjoys helping others and meeting new people. If you see her out in the community, stop by and say hello!



## Cover Crops Field Day

University of Illinois Extension partnered with the Effingham and Fayette County Soil and Water Conservation Districts, Effingham County Farm Bureau, The Equity, and the Soil Health Partnership to present a Cover Crop meeting on November 1, 2018. The event took place at the Carriage House Event Center in Altamont and 58 people attended. The goal of the day was to deepen participants' understanding of what makes a healthy soil, increase their knowledge on the benefits of cover crops, and provide technical information to aid in adopting cover crops into farmers' management systems.

Barry Fisher, USDA-NRCS Central Team Leader/Soil Health Specialist, headlined the day and spoke about building soil health with cover crops. Other speakers included Abigail Peterson, Southern Illinois Field Manager with the Soil Health Partnership, Jennifer Woodyard, Watershed Outreach Associate with University of Illinois Extension, and Tony Pals, Resource Conservationist for the Effingham and Fayette County Soil and Water Conservation Districts. Four farmers, Stan Kuhns, Adam Braun, David Holste, and David Kleinschmidt, were featured on a farmer panel where participants could ask them questions related to how they manage cover crops on their own farms.



Barry Fisher speaks at Cover Crops Field Day ,



Successful integration of no-till, cover crops, crop rotations, adaptive nutrient management and precision farming make for higher soil health and function.

## The Illinois Nutrient Loss Reduction Podcast

The Illinois Nutrient Loss Reduction Podcast produced by University of Illinois Extension began in June 2018. Monthly episodes are released to discuss Best Management Practices (BMPs) farmers can use to reduce nutrient loss from agricultural lands. Examples of BMPs discussed include cover crops, conservation tillage, woodchip bioreactors, and manure management. Expert and farmer guests are featured each month to discuss first-hand experiences with these BMPs. Episodes of the podcast can be found here: <https://will.illinois.edu/agriculture/note/50107>. This initiative was created by Watershed Outreach Associates Jennifer Woodyard and Haley Haverback, and each monthly episode is produced by Todd Gleason, a Media Communications Specialist with Extension.



<https://will.illinois.edu/agriculture/note/50107>





## Clay County Master Gardener Program

Having a strong Master Gardener (MG) Program and a newly created Master Naturalist Program, along with having numerous walk-ins (average 8-10 weekly) with horticulture related questions, it was evident that a horticulture educator was needed in Unit 21. In 2018, Extension was excited to introduce Nick Flax as the new horticulture educator. In the Spring, Extension offered to the public the Master Gardener training. This ten week long training provides individuals with the knowledge to improve the quality of life by helping them find sound management practices for home and urban natural resources by creating aesthetically pleasing environments, by promoting well-being through people-plant interactions and horticultural therapy, and by contributing to a safe, abundant food supply through home fruit and vegetable production. During the 2018 training, six individuals participated.

In conjunction with gardening, the horticulture educator worked with Beyond the Bell Gang (BTBG) in Clay County to construct six raised bed gardens on the ground of Washington School in Flora, Illinois. In its first year 44 youth participated in the program. During the construction phase BTBG youth learned proper watering and drainage, soil composition, cultivation and successful harvest. Beyond the Bell Gang group in collaboration with U of I Extension staff, Clay County Health Department and Flora Community Unit School District built a compost bin, planted and raised tomatoes, a variety of peppers and cucumbers the first year. This project taught the participants gardening techniques, responsibility and a sense of community and belonging.

In 2019, plans are in the works to construct an additional six raised beds and four miniature raised beds. The goal is to create a sustainable producing garden for the community with opportunities to start a Master Gardener and Jr. Master Gardener programs in Clay County.



BTB Gang shown with six new raised garden beds.



According to Deena Mosbarger, Clay County Health Department, "We are extremely thankful for the expertise of the University of Illinois Extension Horticulture Educator that provided the 3-year layout and design for a successful community garden. His design served as the catalyst for engaging other community partners, such as the Flora Elks Foundation. Then, as an added bonus, the Educator and the County Extension Director invested personally in the construction of the first six raised beds!"

## Natural Lawn Care Grant Awarded

Professionals from University of Illinois Extension, Illinois-Indiana Sea Grant, and the University of Illinois Agricultural Communications Program were awarded an Interdisciplinary Collaborations in Extension (ICE) Grant in October 2018 to conduct a project titled, "Targeting Natural Lawn Care Communications to Homeowners in Illinois." A total of \$32,173 was awarded to conduct this project in three Illinois communities, one of which will likely be in Unit 21. Investigators will address lawn care related pollution in watersheds by developing, piloting, and assessing a natural lawn care communication campaign in the three communities. Principle Investigators of the team awarded the grant include Sarah Zack and Dr. Lulu Rodriguez, with Allison Neubauer, Haley Haverback, and Jennifer Woodyard serving as collaborators.



<https://web.extension.illinois.edu/cefj/>



## Vandalia's Little Community Garden Donates to Local Food Pantries

Vandalia's Little Community Garden is making a difference in the fight against hunger in Fayette County. The garden is now part of a new collaboration between University of Illinois Extension's Master Gardeners and Supplemental Nutrition Assistance Program Education (SNAP-Ed).

One in eight people in Illinois struggle with hunger, including one in six children. Community food pantries often have limited access to fresh fruits and vegetables to provide to families.

Over the past six months, Master Gardeners have planted, coordinated and harvested fruits and vegetables in the Vandalia's Little Community Garden for donation to Fayette County C.E.F.S., St Elmo, and the Vandalia Association of Churches 6:35 Food Pantries. In addition to the fresh produce families receive recipes highlighting the produce and nutrition information from SNAP-Education staff. Families also participated in several successful taste tests!

Recipes highlighting fresh produce from the garden were given to families, including several successful taste tests! Food pantry staff also received information on safe food handling and tips for promoting fresh produce to clients.

Fayette County C.E.F.S. Outreach Coordinator, Amie Page, said they "received around 1800 pounds from the community garden. Our customers really enjoyed getting the fresh produce and would come in every day looking to see what new items were brought in. This allowed customers that needed some form of food to get things and provide for their family when the food pantry was not open or they were too early to get their monthly food box."

As a result, 2550 pounds of produce was grown and donated this year including 203 pounds of strawberries. Other crops were also donated including tomatoes, zucchini, green onion, radishes, garlic, greens, okra, onions, potatoes, and more. Fayette County C.E.F.S. food pantry serves approximately 1000 customers per month. Therefore, countless families received the fresh produce and nutrition education.

"Our customers really enjoyed getting the fresh produce and would come in every day looking to see what new items were brought in."

Vandalia's Little Community Garden was initiated by University of Illinois Extension Fayette County Master Gardeners in early 2002. The City of Vandalia created vacant lots on Edwards Street available for the garden and extended water to the site. Their efforts have resulted in thousands of pounds of fresh produce donated throughout the years. Their total pounds of donated produce include 2,444.5 pounds in 2014, 2133.5 pounds in 2015, 2107.5 pounds in 2016, 2215 pounds in 2017, and recently 2550 pounds in 2018.

For more information regarding the Supplemental Nutrition Assistance Program Education (SNAP-Ed) program through the University of Illinois Extension, please contact Michelle Fombelle at [mfombell@illinois.edu](mailto:mfombell@illinois.edu) or (217) 347-7773.



Pictured above: Nick Flax, Unit 21 Horticulture Educator discusses the irrigation system for Vandalia's Little Community Garden which was funded by the GIFAA grant.



<https://web.extension.illinois.edu/mg/>





## School Food Service Trainings

University of Illinois Extension offered three professional development workshops for school food service personnel in Vandalia, Robinson, and Centralia to kick off the school year in August 2018. Partnering with the local Regional Offices of Education #3, #12, and #13, University of Illinois Extension offered these trainings to local school food service personnel utilizing funds from the ABCs of School Nutrition grant. Extension Educators, Michelle Fombelle, Ashley Hoffman, and Lisa Peterson, led the trainings.

The USDA has established minimum professional standard requirements for school nutrition professionals who manage and operate the National School Lunch and School Breakfast programs. All food service staff are required to earn a minimum of six hours and up to 12 hours, depending on their title, of annual continuing education. In 2015, University of Illinois Extension partnered with the Illinois State Board of Education to become a statewide provider of professional development opportunities for school nutrition professionals across Illinois.

A total of 139 food service personnel from 38 school districts attended. Topics included School Wellness Policies, Menu Planning, Record Keeping, and USDA Smart Snacks. Feedback from participants was positive including "Thanks so much for providing this training. I got all my hours in for the year! I hope you do it again next year!" Vandalia School District food service director, Colleen Reams, shared that the workshop "helped by getting us updated on changes that were made and also sort of a refresher course. I enjoyed coming together with other schools as well to hear what they had to say and ways they were doing things." The University of Illinois Extension is "so easy to work with and was great to review for our staff."



Above a large group attends a professional development workshop for school food service personnel offered by University of Illinois Extension.



## SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-EDUCATION)

SNAP-Education works with Illinois families in need to make the healthier choice an easier choice where they eat, shop, live, play and learn. Through classes and workshops, and by collaborating with community partners to adopt research-based solutions to encourage healthier nutrition and activity choices, SNAP-Education positively impacts the families and communities we serve.

### Serving Local Families



10,713

Total SNAP-Education Participants



68.8%

Adults



31.2%

Youth



1.1%

Identified as Hispanic

98.8%

Identified as Non-Hispanic

0.2%

Unknown

### RACE OF PARTICIPANTS

- 98.9% White (10,596)
- 1.3% Black (137)
- 0.4% American Indian or Alaska Native, Asian, or Native Hawaiian or Pacific Islander (46)

### Our Community Partners



11

K-12 Schools



2

Youth Centers



13

Early Childhood Centers



2

Stores and Markets



7

Community Centers



12

Food Pantries and Food Banks



## Grants awarded to Fayette Schools

University of Illinois Extension SNAP-Education Extension Educator, Michelle Fombelle, assisted several Fayette County schools with grants throughout the 2017-2018 school year. University of Illinois Extension collaborated with schools across the state of Illinois through the ABC's of School Nutrition grant. In 2015, University of Illinois Extension partnered with the Illinois State Board of Education to become a statewide provider of professional development opportunities for school nutrition professionals across Illinois. The grant also provides technical assistance to school food service personnel.

After completing a Smarter Lunchrooms Assessment the school implements interventions in order to create a healthier environment for students. The goal of the Smarter Lunchrooms Movement is to change student's behaviors through the application of evidence-based lunchroom focused principles that promote healthful eating. The assessment consists of 60 potential checkmarks to evaluate the lunchroom, congratulate staff for things they are doing well, and identify areas of opportunity for improvement.

Several area schools were awarded:

Brownstown School District #201 was awarded \$1500 in new school lunch trays.

Ramsey School District #204 was awarded \$800 in school breakfast carts and materials.

St Elmo School District #202 was awarded \$1200 in new school lunch trays.

Vandalia School District #2013 was awarded \$1400 in school food service materials.

St Elmo Elementary School also received a grant for \$16,291 for a new commercial oven through the Illinois Board of Education National School Lunch Program Equipment Assistance Grant. The U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS) provides grants to the IL State Board of Education to provide equipment assistance through competitive grants to districts/sponsors participating in the National School Lunch Program (NSLP). Funds allocated for this program are intended to assist schools in purchasing equipment to serve healthier meals, improve food safety, and expand access.

For more information regarding the ABCs of School Nutrition or the Supplemental Nutrition Assistance Program Education (SNAP-Ed) , please contact Michelle Fombelle at [mfombell@illinois.edu](mailto:mfombell@illinois.edu) or (217) 347-7773.



Participants in the Effingham County Jr Chefs cooking classes received a certificate.

## SNAP Programming in Effingham County

Pam Heiser, SNAP-Education Community Worker covers Effingham and Jasper Counties. During the school year, Pam visits 30 classrooms one time per month. She partners with the following pre-schools/grade schools: Effingham Head Start Center, Altamont Head Start Center, Effingham Child Development Center, Little Lambs, South Side Grade School, Altamont Grade School, Kids Kingdom and Newton Head Start Center. Approximately 535 students, ages pre-school through second grade, participate. Pre-school curriculum used is called Color Me Healthy. The curriculum used for K-2nd grade is called Organ Wise Guys. Both curriculums are a lot of fun and focus on eating healthy and being physically active.

Pam also partners with several food pantries and community organizations by providing nutrition education programs at least one time per month or more if requested. Adult curriculums include; My Plate for My Family and Eating Smart, Being Active. Program topics may include; Plan, Shop, Save, Vary Your Veggies and Focus of Fruit, Go Lean with Protein, Healthy Snacks, Whole Grains, Building a Healthy Breakfast, Get Moving, Welcome to Family Time-Active and Fun and many more. Community partnerships include; Save-A-Lot, Enduring Freedom Ministries Food Pantry, Calvary Baptist Food Pantry, Altamont Ministerial Food Pantry, Catholic Charities Food Pantry, ERBA Food Pantry, The Master's Hands, Heartland Human Services, Effingham Family Connections, Effingham Health Department, Family Life Center and Jasper County Health Department. During the summer, in addition to providing the adult programs, Pam stays busy with Illinois Jr Chefs cooking classes and Catch and Spark Classes.





### SNAP Programming in Fayette County Schools

During the school year Jo Stine, Community Worker/Fayette County programmed in Vandalia, Brownstown, St. Elmo and Ramsey Elementary Schools. Jo covers 18 pre-kindergarten classes and 28 kindergarten through second grade classes. She also does an after school program at St Elmo Library once a month. Jo sees approximately 780 youth monthly. She covers basic nutrition lessons using the USDA curriculums of OrganWise Guys, Color Me Healthy and Catch/Spark.



### St. Elmo Food Pantry

Jo Stine visits the St. Elmo Food Pantry on Mondays during open hours of 10-11am and 5:30-6:30pm. There are approximately 60 families in the school district that utilize the food pantry. The food pantry is able to provide food by community monetary and food donations.

Pictured at left, is the St Elmo Food Pantry with shelves stocked.

### Cooking School in Clay County

Throughout the month of July, Erin Maxwell, Community Worker/Clay County and Jo Stine, Community Worker/Fayette County, conducted a cooking school using the Illinois Junior Chef curriculum at the Beyond the Bell after school program in Clay County. During the five-day course, the 13 participants learned how to properly measure wet/dry ingredients, knife skills, food safety, how to read a recipe correctly while learning lessons on My Plate each session. Participants were able to create recipes from start to finish and taste their creations. They were able to taste different ingredients they had never had before such as the refried beans in the quesadillas. Several said they didn't want anything but cheese but then tasted it with the beans and loved it.



### SNAP Visits Golden Circle

Jo Stine, Community Worker visited the Golden Circle Nutrition Center this summer and did a series of 4 lessons from Eat Smart Live Strong. These lessons taught the benefits of healthy eating and exercise. Some of the benefits include maintaining healthy bones, delaying the effects of chronic diseases,, addition of vitamins and minerals and adding color and taste to the diet. This curriculum also encourages doing at least 30 minutes of physical activity on most days. Jo is pictured at left demonstrating the Eat Smart Living Strong curriculum.





## Annie's Project

Annie's Project is a program structured for women in agriculture with a passion for business and being involved in their family operations. The Mission of Annie's Project is to empower women to manage information systems used in critical decision-making processes and to build local networks throughout the community and state.

In 2018, a partnership between Extension and Farm Bureau delivered Annie's Project in Effingham County. In today's agricultural industry, women are playing a larger role in how the family farm operates. Statistically, 82% of women work with their spouse in farming operations, while 10% are widowed, 4% are divorced and 4% are single.

This year 24 women attended the six-week session. Throughout the six-week session, attendees learn more about the Five Areas of Risk: Financials; Legal; Human Resources; Production and Marketing. Annie's Project provides attendees with shared experience, interactive-dynamic learning, research-based information and discovery.

For more information about Annie's Project, contact Carl Baker at [cdbaker@illinois.edu](mailto:cdbaker@illinois.edu) or by phone at 217-347-7773.



Extension and Farm Bureau delivered Annie's Project in Effingham County to 24 participants during a six week long set of sessions.



In 2018, teachers and staff of the Jasper County School District hosted a Poverty Simulation conducted by Extension staff.

## Poverty Simulation in Jasper County

The Poverty Simulation is a role-playing exercise that puts attendees in real life family scenarios that are facing daily challenges. In 2018, members of the Extension staff conducted numerous simulations resulting in over 460 attendees participating. Since bringing the Poverty Simulation to the area at end of 2016, we have delivered the program 14 times with 1,015 community stakeholders going through the program. In an ever-changing environment, we as a society are seeing more and more families living below the federal poverty rate. The issue of poverty is a commonality in Clay, Effingham, Fayette and Jasper counties. In the four county area the percentage living in poverty ranges from 10.7% - 16%. The number of children on free or reduced breakfast and lunch in our schools continues to grow. In our four county area, there are 20 schools that have over 50% of their student body on free or reduced breakfast and lunch. The numbers are both staggering and alarming. The Poverty Simulation lets the participants live through a simulated month having to make the tough choices for themselves and members of their immediate family. During the three hour program participants experience the simulation followed by a debriefing followed by, "What now? Where do we go from here?" To learn more about the Poverty Simulation or to host a Poverty Simulation contact Carl Baker at [cdbaker@illinois.edu](mailto:cdbaker@illinois.edu) or Dana Homann at [dhomann@illinois.edu](mailto:dhomann@illinois.edu).





## My PI Presented in Clay County

Since the events of September 11, 2001, the importance of preparedness education, training, and involving the whole community has become increasingly recognized as critical to successful community preparedness and resilience. Following a catastrophic disaster, individuals and families may be on their own for a period of time before professional help can arrive. Preparedness planning equips individuals to prepare for, respond to, and cope with disruptions and potential hazards following a disaster. It also enhances the ability to reduce emergency needs and manage existing resources until professional assistance becomes available. Studies have shown groups working together in the aftermath of a disaster perform more effectively with prior planning and training.

Program—The 10-week program has three components. Component A involves Teen CERT (Community Emergency Response Team) training modules on Disaster Preparedness, Fire Safety, Utility Control, Disaster Medical Operations, Light Search and Rescue, CERT Organization, Disaster Psychology, and Terrorism. Component B features CPR/AED usage; a technology track on awareness of HAM Radio, NOAA Weather Radio, Smart Phone Apps and Social Media in Emergency Preparedness; a disaster simulation; and a career track on public safety, fire service, and emergency management careers.



Above: Clay County teens learn how to survive a disaster in the 10 week "My PI" Course.

## My PI (cont'd)

. Component C includes a comprehensive family and community service project, Prep + 6. Participants help develop emergency supply kits and communication plans for their family AND six additional families. This component allows for significant enhancement in individual, family, and community preparedness and resilience. Students must complete all three components to graduate.

## Serving Youth in Clay, Effingham, Fayette, and Jasper Counties

Wherever you live, 4-H is there. Whoever you are, 4-H is the place where you belong and are part of the club, where you serve in the world where you live, where you act on matters important to you, and where you learn to accomplish the dreams you strive to achieve. Illinois 4-H empowers and prepares youth for success — for today, tomorrow, and a lifetime.

## Program Reach



5,296  
4-H Participants



499  
Adult Volunteers



895  
4-H Club Members



196  
First Year  
Members

### RACE

- 84 % Caucasian
- 15 % African American
- 1 % Asian, American Indian, Pacific Islander, 2 or more races, or unknown

- 94 % Non Hispanic
- 6 % Hispanic

### ETHNICITY



- 16.7 % Farm
- 43 % Small Town under 10,000
- 40.1 % Town 10,000 to 50,000
- 0.2% Suburb and Cities over 50,000



<https://web.extension.illinois.edu/cefj/4h.html>



## The 4-H Candy Craze

Across the state there is a declining retention rate as 4-H members age, but is highest during those second, third and fourth years in 4-H. The Unit 21 4-H staff (Dana Homann, 4-H Youth Development Educator; Patti Logan, Effingham County Extension Program Coordinator; Sarah Luce, Clay and Fayette County Extension Program Coordinator; and Katie Turkal, Jasper County Extension Program Coordinator) wanted to address this issue on a local level. To entice excitement for the 4-H program, the 4-H staff developed new member nights where experienced 4-H'ers led novice 4-H'ers through a series of activities introducing them to various aspects of the 4-H program. The 4-H Candy Craze consisted of the following themed stations:

**Lollipop Land – 4-H 101**, where members learned the basics of 4-H such as the 4-H Pledge, the 4-H motto, and what the four H's stand for.

**The Gumdrop Stop** – Where to go to find information. Through a scavenger hunt type activity, members had to find information in the 4-H newsletter, county and state website, and the 4-H policy book.

**The Peppermint Patch** – Using a matching game, members learned about different projects they can enroll in, conference judging and exhibit requirement.

**Bubble Gum Fun** – Members made a visual arts, fiber project they could exhibit at the county fair.

**Chocolate Corner** – members learned about enrollment process through 4-H Online.



Shown above is "New Member Night" in Effingham County.

## Welcome to the Real World

It made me realize life isn't cheap.

I've realized you really need to keep track of expenses and think before you buy.

I realize now how much work and responsibility it really is now. I enjoy this activity!

It showed me how to handle myself with the money I had.

I learned that a job might seem like you make a lot of money but after all expenses it isn't that much.

I will stay in school and get an education.

These are just a few of the comments expressed by young people who have participated in the Welcome to the Real World! program provided by University of Illinois Extension, Unit 21.

Welcome to the Real World! is an experiential learning curriculum on career exploration, decision-making and money management. The interactive, hands-on, real-life simulation will give the seniors the opportunity to explore career opportunities and make lifestyle and budget choices similar to those they will face when they are living on their own.

The participants explore potential occupations that they would like to pursue in the future. After they have completed the career exploration portion of the program, students then proceed through the Welcome to the Real World! simulation.

In the simulation, participants assume they have completed the educational requirements for their chosen career, are single and 25 years of age. They live on their own and are independent with no financial support from family or others. They receive a monthly salary for their occupation, deduct taxes, determine a savings amount, pay a student loan payment, if applicable, and spend their "salary" on the necessary and other items for the following expenditure categories: clothing, entertainment, groceries, housing, insurance, transportation, utilities, miscellaneous and chance. After each choice, the students make a deposit, use a debit card, make an online payment or write a check, and balance their check register.

At the conclusion of the simulation, the students evaluate how well they spent/saved their money. They consider the choices they made and discuss what



<https://web.extension.illinois.edu/ceffj/4h.html>





## Effingham Mosaic Workshop

Effingham County youth have been inspired to learn more about the wonderful world of mosaics! Participants immerse themselves in the magic of creativity with a professional visual artist and designer Dinah Nuelle. Youth have learned the basics of how to cut and shape glass tiles to create a small mosaic for their interior or exterior spaces. Participants had so much fun discovering the art of stained glass mosaics and requested more classes. At right, one attendee learns the technique of placing her mosaic pieces.



## 4-H Legislative Connection

Effingham County 4-H members Alex Hartke, Taylor Hartke, Angel Harrington and Craig Logan and Fayette County 4-H member Jacob Doedtman represented their counties at the 2018 4-H Legislative Connection.

4-H Legislative Connection provides Illinois 4-H teens a unique opportunity to promote the Illinois 4-H program to elected state officials and learn about the state legislative process. They shared their 4-H stories with legislators and discussed the benefits of 4-H and local University of Illinois Extension programming in their home communities. Pictured at left are 4 of the 5 teens representing Effingham and Fayette Counties.



## Health Jam in Jasper County

Fifth grade students at St. Thomas were able to participate in 4-H Health Jam, both the graduating 2018 class in the spring, and the 2019 fifth grade class this fall. Both classes participated in the nine-week program that included a day for health care professionals to come in and explain their careers, why they chose the career, what they enjoy about it, and general information. Throughout the 8 weeks in the classroom, students increased their knowledge of the relationship between physical activity and personal health, engaged learning experiences in nutrition and health, and completed the eight-week Walk across Illinois challenge by engaging in 30 minutes of daily physical activity. Students also got to sample foods that were unusual to their diets. Foods that were disliked by many were transformed into foods that students enjoyed. Future plans include collaborating with Newton Elementary School in spring 2019 to include the 5th grade classes. The group is shown at right.



## Jasper County Camp Cloverbud

4-H Cloverbud members enjoyed a fun-filled day at the Grove Community Building participating in many different activities. The Jasper County 4-H Ambassador team organized and facilitated all of the activities during the event. Cloverbud members started with icebreakers that introduced both their fellow Cloverbuds and the 4-H Ambassadors. Throughout the day, Cloverbud members made Jell-O pops and fairy gardens. Since this age group is very active, Ambassadors decided to end the day with a relay course made from pool noodles and water games. Both the 4-H Cloverbuds and the 4-H Ambassadors learned from each other and had a great day! At left, 4-H Ambassadors help Cloverbuds with projects.



## Vandalia ONE Food Challenge

A collaboration between the Vandalia School District and the Family YMCA of Fayette County provides afterschool tutoring and activities for middle school students. During their time at the YMCA, Dana Homann and Sarah Luce taught the participants the basics of food preparation, safety, and healthy eating using the 4-H Food Challenge curriculum. Food Challenge lets you write your own recipe, considering the cost, time, and nutrition of each meal. Participants put their new skills to the test in a final challenge and present the prepared dish to judges.



## Compass Workshop in Fayette County

The need to read a map and compass have become less frequent with the use of technology, however these youth participants were eager to learn. 4-H members from Fayette and Effingham counties attended a workshop to learn about compasses and using them for direction. They solved a puzzle by dialing in the degree and following it to a letter. Once the participants compiled each letter they were able to read the passage about 4-H to celebrate National 4-H Week.



## Sewing Workshop in Clay County

Students at Beyond the Bell afterschool program learned about sewing from the Clay County HCE. The youth selected material, cut out the pattern, and constructed a pillow case. Each student took their pillowcase home. Pictured above a student is taught to sew by a volunteer HCE member..

## Appleknocker

The Appleknocker Festival, hosted every fall by the Flora Academic Foundation, features activities and entertainment for all ages. Clay County 4-H had a hands on station that taught youth about aerospace. Participants made a straw rocket and then tested its ability to launch. Using their engineering skills, the youth could adapt and adjust their rockets to fly better.



## Cupcake Decorating in Clay County

Clay County 4-H Leader, Sandy Thomas, is a skilled cake maker! She took time to teach youth the art of cupcake decorating in April. Youth learned about different flower techniques and took home their iced cupcakes. Above, an attendee concentrates as she decorates cupcakes to take home.



<https://web.extension.illinois.edu/cefj/4h.html>





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County Extension  
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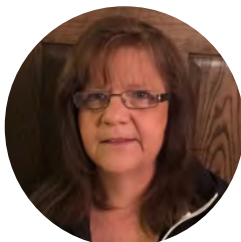
*Sarah Luce  
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4-H—Clay/Fayette Co.*



*Katie Turkal  
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4-H—Jasper Co.*



*Stacy Bare  
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4-H—Clay Co.*



*Jo Stine  
Community Worker/  
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*Erin Maxwell  
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*Pam Heiser  
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Mr. Jason Warfel	Jasper County	Ste. Marie, Illinois
Mrs. Lindsey Vogt	Jasper County	Newton, Illinois
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### Website



465,905

Total page views

### News Media



8

Average Monthly  
Releases

### Social Media



2421

Facebook and Twitter  
Totals

### Educational Programs



20

Average Monthly  
Programs

### Volunteers



126

Total Active  
Volunteers



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