

## Extension Council Meeting

September 30, 2019

6:00-7:00 pm

1. Welcome and Introductions
  - a. Carl Baker, Gretchen Simpson, Doug McCain, Jennifer Woodyard, Dana Homann, Ben Fraizer, Dena Mosbarger, Chris Thompson, Barb McGrew, Lisa Hoelscher, Jason Warfel, Sandy Croft, Lindsey Vogt (13 in attendance)
2. Open Public Comments
  - a. Doug – do we need to call in if we are coming or not. Carl – that would be great, but really just necessary for the last meeting when we serve a meal.
3. Education and Program Updates
  - a. MyPI – team youth disaster preparedness program. Looking to start it the first of November here in Effingham. Working to recruit volunteers now. The high schools have been receptive to sending out flyers to promote the program. In early 2020, we will try to offer it in Newton.
  - b. Health Jams –
    - i. Beecher City is new school for Health Jam this year. There is no curriculum, it is a 9 week program where you encourage the kids about physical fitness and healthy eating. Try to introduce them to unique fruits and vegetables they haven't tried. Two field trips, one focused on physical fitness and one introducing the kids to health professionals/their careers. Targeted at 5<sup>th</sup> grade. The teacher in Beecher City is very excited to give the program.
    - ii. Year two in Newton has started
    - iii. Will do Health Jam with the After School program in Vandalia. With Ben Frazier. It will happen after the first of the year.
  - c. Cooking Challenge 101 – In Teutopolis with 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> grade kids. 22 kids. We can write to our state 4-H for funds to do Cooking Challenge and Health Jam. This keeps the cost low for the unit
  - d. YMCA and Vandalia – sewing and STEM activities in after school program. The school has asked for aerospace, so we will be doing that soon. Science activities in November at YMCA. After the first of the year, will do disaster preparedness with those kids.
  - e. Farm to Family Homeschool Tours – Dana is working in partnership with all 4 counties. The Farm Bureaus write a grant for that. They are hoping to do an ag tour every month. They are starting off with a pumpkin farm tour. Gretchen Simpson has been in charge of that. They provide lunch and then do an educational activity after the farm tour.
  - f. Other things Dana is doing
    - i. Beyond the Bell
    - ii. Kitchen might be built in Clay County, would open possibilities for programming.
    - iii. Went to a meeting in Champaign for 4-H, introduced some new activities
      1. Barn Owl tracking and building homes
      2. Junior solar sprint car, possibly will do this at Beyond the Bell
      3. Tech Quest – kind of like an escape room, but it's a box. You are given clues and have to figure out the first lock, more clues, next lock, etc. We

could do this in several different settings. Both Gretchen and Lindsay have boxes that we could use. All the Farm Bureaus do.

- iv. Dieterich – trying to get a 4-H club in a school. FFA members would go in and help the students do their projects, then they could enter them into 4-H.
  - v. Additionally, new 4-H club in Dieterich just started. It is bursting at the seams.
4. Minutes from last meeting approved – Dena moved, Ben seconded
  5. Community Kitchen in Clay County
    - a. Beyond the Bell from 3-6 pm after school, all day during the summer. Boiler went underwater this summer in the old preschool building, so heat wouldn't work anymore. Now they are looking for different locations in Flora. The IGA is connected to a large vacant space, over 7,000 sq feet. It has all the bones of a kitchen in it from being a working restaurant in the past. Does require some renovation. They are not allowed through the Teen Reach grant to pay for permanent structures. Dena asked Carl if there was a way they could partner with Extension. All of these kids are at risk in some way. Many of them are being sent home with meals that aren't very nutritious.
    - b. The idea is to teach the young kids and their older siblings how to cook. They have access to 3 fridges and 1 deep freeze. The goal is to put 2 gas stoves and 2 electric so kids can learn to cook on both. SNAP is going through changes and adding curriculum – Mommy and me, intergenerational programming, high school kids programming. Carl made a pitch to the SNAP Education Director on how this kitchen might look. Gretchen has a stove that just sits in their office, she will check and see what kind it is. Stoves that are scratched and dented would be fine. In Clay County, there is a high population on free and reduced lunch.
    - c. Ben said they have something similar in works in Vandalia. An old school where they would do after school care, and there are bones of a kitchen that they are hoping to develop. They are working with the local foundation that owns it to get it donated hopefully, then see what the cost is to get it renovated. Carl said Extension could potentially help with the equipment. Ben says they are working on a date to go in and see what the conditions are like. There might be asbestos.
  6. Horticulture Educator update
    - a. Friday was the close of applicants – had 5 apply, but nobody met the criteria. It is a neat position because we could work with kids to teach them how to grow things, then move into the kitchen and teach them how to cook, etc... It is an important position.
    - b. We are going to try a different tactic for the 5<sup>th</sup> round – Carl and Michelle looked at several colleges' Horticulture students to see who would be graduating soon with a MS in Horticulture. Carl will be sending them a personal letter encouraging them to apply. We will reopen the position in mid-December to mid-January to give the students time to apply over Christmas. U of I, SIU, ISU, Eastern – none have an actual Horticulture degree.
  7. SNAP-Ed Community Worker Update
    - a. We had 4 people come in and test. We will see the roster soon of who we can interview. This will be to replace Pam Heiser.
    - b. The current community workers are juggling Pam's schools.
  8. Watershed Outreach Associate update

- a. Jennifer is leading an effort in the Embarras River Watershed to update their watershed plan. This year, stakeholders in the watershed raised about \$76,000 in match support to apply for an IEPA Section 319 grant to update the plan. They are waiting to hear if they got the funds (will find out late spring/early summer 2020). Will be hosting meetings with farmers in each county in the watershed over the winter to maintain interested and momentum in the project.
  - b. A similar effort will be starting in Effingham and Cumberland Counties in January 2020. Jennifer is partnering with Dr. Daniel Schneider from U of I and his watershed planning class to develop a watershed plan in the Salt Creek Watershed (subwatershed of the Little Wabash). Jennifer is working on getting stakeholder support now and has applied for a grant to assist with costs.
  - c. There will be a Cover Crop Meeting held here at the Effingham Extension office on December 12.
  - d. Working on bringing a new program to schools called Rain to Drain – Slow the Flow. Will be working with 4-H to teach kids about stormwater management.
9. Extension Council –
- a. Every seat is occupied, except 1 in Jasper County. If you know of anyone who might be interested, let Carl know. Lindsay’s seat will be open next year.
  - b. Carl and Dana met with FEMA 5 directors. One of the girls who went through myPI in Champaign was selected to be on the National Youth Preparedness Committee. This is a huge success story!
10. Equity and Inclusion
- a. We went through some of this last year. With Extension, we have to monitor what we are doing to be inclusive.
  - b. Carl printed off copies of a poster with bikes – everyone in the top frame got a bike, but it wasn’t suited well for everyone. In the bottom frame, everyone got a bike that fit them. Our job is to make sure everyone has equity and inclusivity. We want to meet everyone’s needs in the right way.
  - c. Our staff goes through equity training. We read books together and all of Extension goes through Navigating Difference training.
11. New Business
- a. We are working to bring Annie’s Project to Clay County. 2 years ago, we had 25 attendees in Effingham County. We hope to bring it back to Effingham again soon. Men are not excluded, but farm wives, daughters, granddaughters, etc. open up a lot when men are not in the room. More to come on that.
  - b. Election of Officers
    - i. Chair – Dena Mosbarger
    - ii. Vice Chair – Barb McGrew
    - iii. Secretary – Chris Thompson
  - c. Every meeting for Council is in Effingham. Most meetings will be 6-7 pm, but in November and March, 4-H has to do Expansion Review. We ask that you come from 6-7 pm during that time to help 4-H know if they are doing what they need to be doing. We try to invite youth to that part of the meeting. Then the Council meeting will be from 7-8 pm.

- d. We are required to have 4 meetings a year. We have built in 5 meetings in case we have inclement weather.
  - e. Future meetings – Corrections from the agenda
    - i. January 30, not January 20
    - ii. May 21, not May 31
  - f. Carl asked the Council what they would like to get out of these meetings. What would you like to hear from us during these meetings or in your community?
    - i. Dana just did Colors training with Fayette County health department last week - that is something we can do. We can get educators to come in from other units if we don't have their programming here and you are interested in it.
    - ii. Program that Dana and Carl observed in KY will hopefully be brought to IL soon, but IL Extension is having trouble getting the program from KY. We may have to write our own version. It simulates kids going through tough situations after they have made bad decisions, such as doing drugs, etc.
12. Adjourned at 7:11 pm
- a. Ben moved, Sandy seconded.

Minutes respectfully submitted by Jennifer Woodyard.