



UNIVERSITY OF ILLINOIS
EXTENSION
*Extending Knowledge,
Changing Lives*



University of Illinois Extension—Unit 26 **(Franklin, Jackson, Perry, Randolph, Williamson)** **2015 Annual Report**

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

University of Illinois-U.S. Department of Agriculture Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment



Mission

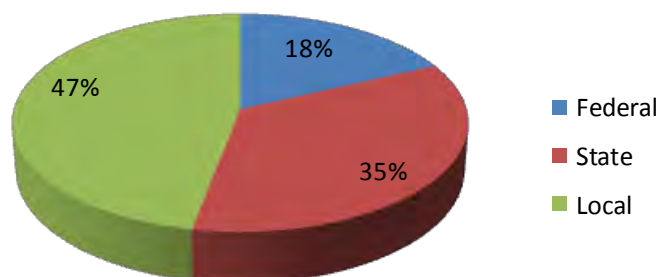
University of Illinois Extension is committed to providing educational programs that help people make their lives better, healthier, safer, and more profitable. U of I Extension delivers programs in Illinois communities via workshops, seminars, meetings and through online information that is available anytime and anywhere. Our mission is to enable people to improve their lives and communities through learning partnerships that put knowledge to work.

CONTENTS

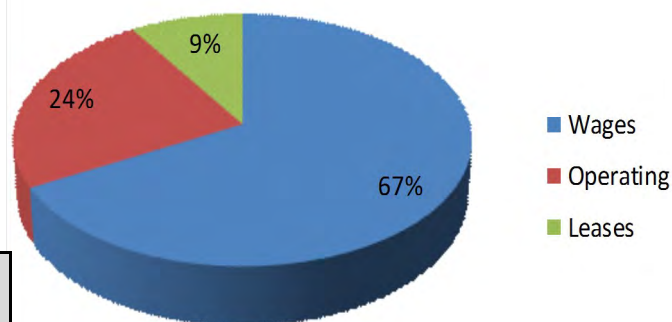
STAFF DIRECTORY	4
HORTICULTURE EDUCATION	5
LOCAL FOOD SYSTEMS/ SMALL FARMS EDUCATION	6, 7
FAMILY LIFE EDUCATION	8, 9
4-H & YOUTH DEVELOPMENT EDUCATION	10, 11
COMMUNITY & SPECIAL INTEREST CLUBS	12, 13
ILLINOIS NUTRITION EDUCATION PROGRAM	14, 15

FY 2015 FINANCIAL REPORT

Unit 26 FY15 Revenue



Unit 26 FY15 Expenses



Profile of Unit 26 Extension Participants by Gender

Total	Female Participants	Male Participants
26,637	14,534	12,013



Message from the County Director

Lynn Heins,
Unit 26 County Extension Director



Last year, University of Illinois Extension celebrated a centennial of service in our nation. Even though the celebrations have ended, our commitment to the future remains. I would like to thank the volunteers, partners, funding organizations, and local businesses for your dedication to the organization's mission. Your valuable contributions have enabled the University of Illinois Extension to further our mission of improving lives and communities through learning partnerships that put knowledge to work. It is my pleasure to present this brief impact report of the Franklin, Jackson, Perry, Randolph, Williamson-Unit 26 efforts. This report will give you a sense of how University of Illinois Extension is helping transform lives, businesses and communities all over Illinois. Thank you for supporting U of I Extension, and we look forward to our continuing relationship with you and our partners across the state as we build for the future.

Special thanks to these local funders:

Franklin County Board of Commissioners
Jackson County Board of Commissioners
Perry County Board of Commissioners
Randolph County Board of Commissioners
Williamson County Board of Commissioners
Franklin County 4-H Support Committee
Randolph County 4-H Foundation
Franklin/Williamson 4-H Federation
Randolph/Jackson/Perry 4-H Federation
Franklin County Association for Home and Community Education
Jackson County Association for Home and Community Education
Perry County Association for Home and Community Education
Randolph County Association for Home and Community Education
Williamson County Association for Home and Community Education
Perry County Farm Bureau
Somerset Township
Various individual donors (Extension Council)

2015 Extension Board Members:

Mrs. Jane Chapman	Ms. Christy Brower
Mr. Alan Price	Mr. James Engelhardt
Mr. Jim Epplin	Mr. Dan Bost
Mr. Brent Gentry	Mr. Mike Schmitz

2015 Extension Council Members:

Mr. Bill Bathon	Ms. Gail Batteau
Ms. Gay Bowlin	Ms. Sally Cook
Ms. Tara Davis	Ms. Mary Hamilton
Ms. Janel Kassing	Mr. Eddie Kerkover
Ms. Nicole Loyd	Mr. Scott Martin
Mr. Jon McClurken	Ms. Becky McIntosh
Ms. Charlene Morris	Mr. Bryan Stearns
Ms. Denise Stearns	Mr. Luke Stegman
Ms. Christy Walter	Ms. Jennifer Watson



Unit 26 Staff Directory



Lynn Heins
County Extension Director



Becky Needham
4-H Extension Program
Coordinator



Vicki Snider
SNAP-Ed Work Program
Participant



Nathan Johanning
Local Food Systems/Small
Farms Educator



Esther Waddy
4-H Extension Program
Coordinator



Hannah Sickmeyer
SNAP-Ed Work Program
Participant



Michelle Bisel
4-H Youth Development
Educator



Rhonda Shubert
4-H Extension Program
Coordinator



Marilyn Rainey
Fiscal Specialist



Susan Sloop
Family Life Educator



Maggie Rose
Local Food Systems/Small
Farms Program Coordinator



Beverly Rendleman
Office Support
Assistant



Sonja Lallemand
Horticulture Educator



Marc Lamczyk
Local Food Systems/Small
Farms Program Coordinator



Terri Cagle
Office Support
Associate



Toni Kay Wright
SNAP-Ed Educator



Megan Austin
SNAP-Ed Work Program
Participant



Erica Kurtz
Office Support
Assistant



Cindy Bauman
4-H Extension Program
Coordinator



Theresa Lutz
SNAP-Ed Work Program
Participant



Tina Dudley
Office Support
Assistant



Stephanie Knop
4-H Extension Program
Coordinator



Jennifer Newbury
SNAP-Ed Work Program
Participant



Caitlin Pursell
Office Support
Assistant



Horticulture Education

Southern Illinois Master Naturalist Program Impact



The Master Naturalist program educates and trains adult volunteers

to help disseminate natural resource information to the public and to assist with conservation activities.

73

Active Master Naturalists

2,748

Hours Contributed

\$65,952

Value of Volunteer Labor



**“Helping Others
Connect With Nature”**



*Southern Illinois Master Naturalists
Class of 2015*

Master Gardener Program Impact



38

Active Master Gardeners

939

Hours Contributed

\$22,536

Value of Volunteer Labor



Local Food Systems/Small Farms

Nathan Johanning,

Small Farms/Local Food Systems Educator



Direct Education Contacts:	1,415
What did participants learn from Local Food Systems/Small Farms Programming?	<ul style="list-style-type: none">• New growing practices that can increase efficiency and yield of crops• The best crop varieties to grow in southern Illinois• New crops that can diversify and enhance the value of products raised on small farms• Safe growing, harvesting, and handling practices to ensure food safety• How cover crops and other conservation practices can provide benefits to crop production systems• Solutions to managing pest and production problems• New marketing concepts and strategies
How do participants benefit?	<ul style="list-style-type: none">• Increased crop yields due to improved growing practices• Production of safe, wholesome food products• Decreased environmental impact of their crop production systems• New growers are able find ways to generate revenue from their land• Networking with other growers to share ideas and opportunities
How does this work make Unit 26 and Illinois better?	<p>Growers are producing safe, high quality local farm products, increasing the opportunities for consumers to find a local farm source in southern Illinois.</p> <p>Locally produced products and crops help to reinvest local dollars back in the local community.</p> <p>Profitable growers will reinvest in the business, putting more dollars back into local agri-businesses and creating a more robust rural economy.</p>



Local Food Systems/Small Farms

Nathan Johanning,

Small Farms/Local Food Systems Educator



PROGRAM HIGHLIGHT: PUMPKIN FIELD DAY

Program Description:

Pumpkin Field Day is an educational, in-field program focused on providing information to pumpkin growers to improve their farm operations. The field day offers a unique chance to see first-hand demonstration trials highlighting variety selection, pest management and cover crops. Illinois is a top state in pumpkin production and there are many good marketing opportunities for local growers to utilize pumpkins as a part of their farm operations. **More than 100 participants from all across the region, including Missouri, Indiana, and northern Illinois, took part in the 2014 Pumpkin Field Day in southern Illinois.**

“[This program was] well organized. I will be able to use things I learned in my own operation.”

-Pumpkin Field Day Participant



Participants gather around the pumpkin variety trial at the 2014 Pumpkin Field Day in Ewing IL.

Local Food Systems/Small Farms Programs

Southern Illinois Summer Twilight Series

Asparagus Production Workshop

High Tunnel Workshop

Ewing Demonstration Center Research and Field Days

Cover Crop Field Days

Sustainable Living Expo

Small Farm Webinar Series

Beginning Farmer Program

Tree Fruit Pruning Clinic

Forage, Food Plot, & Cover Crop Workshop

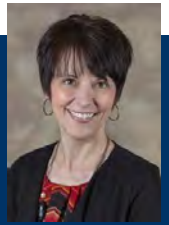
Farmer's Market Workshop

Putting Small Acres to Work

Good Agricultural Practices



Direct Education Contacts:	799
What did participants learn from Family Life Programming?	<ul style="list-style-type: none">• Strategies and techniques to improve memory and challenge the brain• Awareness of one's emotions and behaviors• Interpersonal conflict resolution skills• Awareness of different kinds of stressors and skills for coping with stress• Techniques to improve the quality of early childhood programs
How do participants benefit?	<ul style="list-style-type: none">• Increased ability to identify, manage and appropriately express one's emotions and behaviors• Increased ability to prevent, manage and resolve interpersonal conflicts in constructive ways• Decreased risk factors for chronic disease• Strengthened family relationships• Adult caregivers will have improved social, health, and educational support
How does this work make Unit 26 and Illinois better?	<p>Early Childhood Educators will promote positive development and school-readiness.</p> <p>Families will become more resilient and handle challenges in a successful way.</p> <p>Older adults will use self-management tools that prolong independent living.</p> <p>Older adults will actively participate and contribute to the community.</p>



PROGRAM HIGHLIGHT: BRAIN HEALTH PROGRAMS

The Brain Health Programs are designed to better understand our brains as we mature. The programs provide research-based information, strategies and techniques to improve overall brain function. It is presented in a manner that is relevant and easy to understand. The information provided helps participants distinguish between normal forgetfulness and when they may want to speak to their health care provider. The programs emphasize how

a healthy lifestyle not only impacts the overall health of your body, but also your brain. The programs are very popular in Unit 26. **During 2015, a total of 224 senior adults have attended a brain health program.**



"I am glad I came today, I realize that my forgetfulness is normal."

-2015 Brain Health Series Participant

Family Life Programs

De Cluttering

Finding Your Get Up and Go

Healthy Relationships

Grandmas Yellow Pie Plate

Stories From Your Past

Healthy Communication

The Funny Side

Living Your Bucket List

Brain Health Series

Joining Generations Together

Forgiveness

Resiliency

Explore Your Future

Intentional Harmony: Balancing
Work and Life

Raising Responsible Kids

Love and Limits: Positive Discipline

Teaching Your Child Self-Control

Anger Management

Temper Tantrums

Grandparents Raising Grandchildren

Take Charge of Your Diabetes

Caregiving Relationships

Live Well, Be Well

Your Young Child Series

Early Childhood Educator & Child
Care Provider Trainings



4-H & Youth Development

Michelle Bisel,
4-H Youth Development Educator



Direct Education Contacts:	1,713
What did participants learn from 4-H & Youth Development Programming?	<p>Workforce Preparation:</p> <ul style="list-style-type: none">• 61.51% learned how to balance income and expenses• 22.59% of the students indicated increasing their awareness or knowledge of the importance of higher education <p>Science Excited/STEM:</p> <ul style="list-style-type: none">• How to use Scientific and Engineering methods• How science and engineering are used to solve real world issues and problems <p>Positive Youth Development and Leadership:</p> <ul style="list-style-type: none">• Essential Elements of Positive Youth Development• Elements of Youth and Adult Partnerships• Designing programs and activities using experiential learning• Using Ages and Stages of youth to inform and guide program and activity planning
How do participants benefit?	<ul style="list-style-type: none">• Increase financial literacy• Become more aware of careers that match their skills, abilities, interests
How does this work make Unit 26 and Illinois better?	<p>Youth are ready for the workforce.</p> <p>Youth are equipped to be responsible and contributing citizens to society.</p> <p>Youth will make contributions to the scientific community.</p> <p>Older youth and volunteers will create safe environments for youth to learn and thrive.</p> <p>Youth programs led by trained volunteers will create youth who are leaders and engaged in their communities.</p>



4-H & Youth Development

Michelle Bisel,
4-H Youth Development Educator



PROGRAM HIGHLIGHT: WELCOME TO THE REAL WORLD



Program Description:

Welcome to the Real World consists of four parts: Career exploration, expenditure decision making, money management, and choice evaluation. The interactive, hands-on, real-life simulation gives junior and senior high youth the opportunity to explore career opportunities and make lifestyle and budget choices similar to those that adults face on a daily basis.



Bryce Cramer, Egyptian Electric, discusses real-life expenses and planning for the future with youth from Carbondale Rebound Alternative High School.

“[This program] has made me realize the expense of living independently and also how important education is.”

-Trico High School Participant

Research shows that teens in the US have low financial literacy and are underprepared for the workforce. Illinois does not currently require personal finance or career preparedness courses for high school graduation. University of Illinois Extension is uniquely qualified and positioned to partner with schools to increase financial literacy

and workforce preparedness. **In 2015, more than 900 area youth participated in workforce preparation programs such as Welcome to the Real World.**

4-H & Youth Development Programs

Welcome to the Real World

Skills to Pay the Bills

Hands on Science & Engineering

I Think Green

Bullying Prevention

Positive Youth Development Training



Community & Special Interest 4-H Clubs



Direct Contacts:	9,401
What did 4-H members learn and how did they benefit?	<ul style="list-style-type: none">• 4-H members learn leadership, citizenship, and life skills through more than 100 projects with topics as varied as rocketry, GPS mapping, public speaking, photography, animal science, nutrition, and community service.• 4-H members learn important life skills, such as communicating, decision making, and goal setting.• 4-H members are prepared for their future by studying careers related to their 4-H projects.• 4-H members are more likely to attend college and increase their earning potential.
How does this work make Unit 26 and Illinois better?	<p>4-H club members support their local communities through service projects.</p> <p>4-H club members are equipped to be responsible and contributing citizens to society.</p> <p>4-H club members are more likely to enter into science careers, generating engineers and inventors we need.</p>



(Left to Right) Perry County 4-H members take a wild adventure on the canopy tour at Giant City; Master Gardener Denise Stearns teaches a 4-H Horticulture Workshop in Williamson County; Randolph County 4-H members give back to their community by partnering with Home & Community Education volunteers to sew lap blankets for the Wounded Warrior Project.



Community & Special Interest 4-H Clubs



County	Number of Clubs	Number of Members	Number of Volunteers
Franklin	14	183	24
Jackson	11	128	26
Perry	12	156	24
Randolph	7	159	20
Williamson	11	110	23
Totals:	55	736	117



(Left) Franklin County 4-H'ers pose for a photo with their projects at the Illinois State Fair in Springfield, IL. (Right) A Jackson County 4-H'er participates in the horse show.

...4-H has been a huge part of my life and has sculpted me into the person I am today.

-Perry County 4-H member

4-H Program Coordinator Staff



Esther Waddy
4-H Program Coordinator
Williamson County



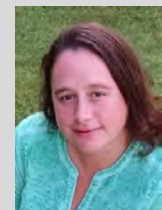
Rhonda Shubert
4-H Program Coordinator
Perry County



Cindy Bauman
4-H Program Coordinator
Franklin County



Stephanie Knop
4-H Program Coordinator
Randolph County



Becky Needham
4-H Program Coordinator
Jackson County



Illinois Nutrition Education Program

Supplemental Nutrition Assistance Program Education (SNAP-Ed)

The Supplemental Nutrition Assistance Program Education (SNAP-Ed) is nutrition education provided for SNAP participants and other eligible low-income individuals. SNAP-Ed serves low-income communities by partnering with qualifying schools and preschool programs, local food pantries and qualifying senior centers.

The focus of the SNAP-Ed program includes promoting a healthier diet and increased physical activity, and preventing obesity and other chronic diseases by establishing healthier habits.

The SNAP-Education Program partnered with more than 60 organizations throughout Unit 26. SNAP-Ed is the largest community-based nutrition education program for low-income families in the state. In Unit 26, staff members reached 13,855 participants in 2015.

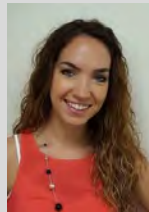
SNAP-Ed Program Delivery Staff



Jennifer Newbury
Franklin County



Theresa Lutz
Randolph/Perry Counties



Megan Austin
Jackson County



Vicki Snider
Jackson County



Hannah Sickmeyer
Williamson County

Total SNAP-Ed Contacts by Gender and Age in Unit 26

Age Group	Male	Female
Pre-School: < 5 Yrs	1694	1601
Youth: 5-17 Yrs	4596	4758
Adult: 18-59 Yrs	236	654
Senior: 60+ Yrs	104	212
Totals by Gender	6630	7225
Total Persons Reached	13,855	



Illinois Nutrition Education Program

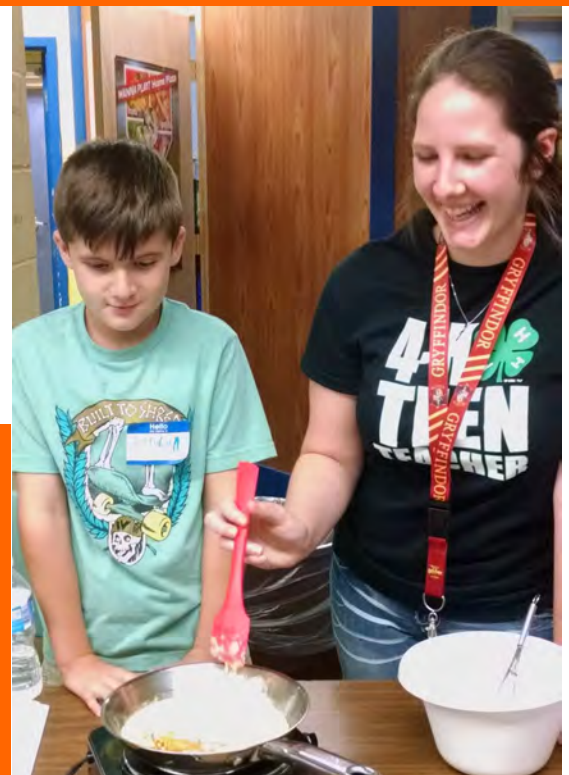
PROGRAM HIGHLIGHT: 4-H FOOD SMART FAMILIES & SNAP EDUCATION COOKING SCHOOLS

The 4-H Food Smart Families & SNAP Education cooking schools encourage under-resourced youth to prepare nutritious whole foods, increase their daily physical activity, and select healthier foods on a budget. The youth take home recipes and ingredients for simple dishes they learned to prepare by teen teachers. This is the second year ConAgra has funded the highly impactful 4-H Food Smart Families program for local area youth.



“My child used skills he learned in cooking school to prepare snack pizzas, and I enjoyed my night off from cooking.”

-2015 Cooking School Participant Parent



86% of Food Smart Families participants reported that their families bought and prepared healthier foods and 83% encouraged their families to dine together.



Your donation to University of Illinois Extension in Unit 26 will be used for local programming which advances our mission to improve lives in your community. Contact your local extension office today!

University of Illinois Extension—Unit 26

402 Ava Road, Murphysboro, IL 62966

(618) 687-1727

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



[/uofiextension26](#)



[/uie26](#)