



# 2016 Impact Report

UNIVERSITY OF ILLINOIS EXTENSION  
SERVING JACKSON, FRANKLIN, WILLIAMSON,  
PERRY & RANDOLPH COUNTIES





University of Illinois Extension is the flagship outreach effort of University of Illinois Urbana-Champaign, offering educational programs to residents in all 102 Illinois counties. Since it was established in 1914, UI Extension has been an integral part of people's educational experiences. Communities have come to rely on Extension for its practical, research-based educational offerings. Through learning partnerships that put knowledge to work, UI Extension's programs are aimed at making life better, healthier, safer and more profitable for individuals and their communities.

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## A Note from The County Director

Another busy year has come to a close and it was a rewarding year for University of Illinois Extension in the Franklin-Jackson-Perry-Randolph-Williamson Unit. Our commitment remains strong to bring you

relevant, reliable and responsive education to improve lives and local economies. We are thankful for strong local support from County Boards as well as county Farm Bureaus, 4-H & Extension Foundations, Home & Community Education Associations, townships, and individual and business contributions. Additional sources of important revenue come from Federal, State, and other grant funds.

This past year, our Williamson County location moved to 101 E. DeYoung Street in Marion, where we have been warmly received. Our clients and staff have enjoyed the improved accessibility and better visibility. Nearly 70 Master Gardener and Master Naturalist volunteers logged a total of 7,617 volunteer hours valued at \$179,456! These volunteers are invaluable to the organization, broadening the reach of the Extension mission.

Food insecurity continues to be a large concern for Illinois families. On May 7, nearly 100 4-H volunteers from Franklin, Jackson, Perry, and Randolph Counties packaged 15,402 meals which were distributed to local food pantries and service organizations. This is only one of multiple events held throughout the Unit to address ongoing food insecurity concerns in 2016.

Extension staff reached more than 32,000 direct education contacts through intentional, issue-driven programming. Additionally, the Supplemental Nutrition Education Program touched 5,222 individuals.

It is my pleasure to present this brief impact report of the Franklin-Jackson-Perry-Randolph-Williamson Unit efforts. Thank you for your continued support, and we look forward to our continued relationship as we build for the future.

Sincerely,

Lynn Heins

*County Extension Director, Unit 26*

*Franklin-Jackson-Perry-Randolph-Williamson Unit*



University of Illinois Extension is divided regionally into 27 units located throughout Illinois. Our Unit 26 serves Jackson, Franklin, Williamson, Perry, and Randolph Counties. We have many Educators, Program Coordinators, Work Program Participants, and Office Support helping our unit fulfill the University of Illinois Extension's mission. Our communities know Extension is a constant source of information and support.

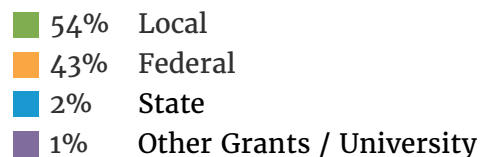


Unit staff volunteer at Gum Drop Kids in Carterville, a non-profit organization which provides packages of kid-friendly food to at-risk children who may not have enough to eat over the weekends. Hunger is very prevalent in all of our communities and the University of Illinois Extension is working to make a difference.



## Financial Report

### SOURCES OF FUNDING



## Education Outreach

### Website



201,535

Total Page Views

### News Media



425

Press Releases

### Social Media



1,662

Total Page Views  
(all pages)

### Educational Programs



27

Average Monthly Programs

### Volunteers



204

Total Active Volunteers

## Illini Fighting Hunger

The face of hunger may surprise you; nearly one in seven children in southern Illinois have experienced food insecurity, meaning they have been hungry or unsure of where their next meal would come from. Area 4-H youth are answering the call to help struggling families in their local communities through the 4-H Feeding and Growing program.

Since August of 2013, Illinois 4-H members and volunteers have paid for and packaged 436,197 meals in partnership with Illini Fighting Hunger, a University of Illinois student group which looks for local solutions to hunger.

On May 7, nearly 100 4-H volunteers from Franklin, Jackson, Perry, and Randolph Counties packaged 15,402 meals which were distributed to local food pantries and service organizations. County 4-H federations donated \$250 to purchase their share of the cost of the ingredients in the meals.

Funds from the Illinois 4-H Foundation through a donation by Evelyn Brandt Thomas help support the 4-H Feeding and Growing Our Communities program.



100  
Volunteers



15,402  
Meals Packaged to Donate to  
Local Food Pantries







## Livestock Judging Contest

Ninety youth from Perry, Randolph, Jackson and Williamson Counties participated in the 4-H/FFA Livestock Judging Contest held on March 5 at the Du Quoin Fairgrounds. Youth learned how to select quality animals while increasing their reasoning and logic skills. Raising livestock fosters respect, responsibility and a strong work ethic in youth.

## Eighth Grade Teen Conferences

Hundreds of eighth grade students in Franklin, Perry, and Jackson Counties participated in high school preparation in Teen Conferences.

Teen Conference is a fun-filled event for eighth graders planned by county 4-H program coordinators and eighth graders appointed by their schools to promote belonging, independence, generosity and mastery by

- ▶ creating opportunities to make new friends from across the county,
- ▶ building leadership skills through quality learning experiences,
- ▶ connecting youth with community leaders, and
- ▶ looking at the exciting opportunities that await as a teenager.

## We are Thankful Workshop

In Jackson County's "We are Thankful" workshop, 42 youth and adult volunteers were able to showcase what Paying it Forward means to them. Youth made toys and treats for the animal shelter, soap for an assisted living home, ornaments to honor veterans, and placemats for Meals on Wheels.



**34** Community Clubs  
**4** Cloverbud Clubs  
**14** SPIN Clubs  
**1** STEM Club  
**1** After School Club





## BUBBLES SCIENCE WORKSHOPS

National 4-H Week was October 2-8, 2016 and the theme for this year was "#4HGrown." National 4-H Week is a rallying point and opportunity to build on the national marketing campaign, promote the 4-H brand, recruit youth and volunteers, and engage with alumni. The Bubbles Science Program is designed to demonstrate a sample of what 4-H has to offer and to generate excitement for the program. Throughout Unit 26, youth learned the science behind homemade lava lamps and how yeast works.

## TEENS AS TEACHERS

4-H Teen teachers work with PCs and other Extension staff to develop, plan, and select lessons for younger youth. In 2016 more than a dozen Teen Teachers helped SNAP-Ed coordinate and teach nutrition and cooking in their summer cooking schools, Jr. Chef. These dedicated teens learn about leadership, public speaking and organizational skills.

## ROBOTICS WORKSHOP

Twenty-eight youth from the Coulterville Science Club participated in the 4-H robotics workshop held in January. "The after math of this event shows great potential for the creation of two 4-H Robotics Clubs" Says Mrs. Cooper, Science Club Leader. Another teacher commented, "It is exciting knowing there is a place where the youth will explore their interest and further their education in the field of science and robotics."

## SUMMER SEWING WORKSHOP

Franklin County's summer sewing workshop was a huge success! Demand was so high that the original plan of a two session workshop was expanded to four! Ten volunteers assisted 57 youth in creating two different projects.

## POLLINATORS

Youth learned how honey bees and other pollinators play an important role in the agricultural ecosystem in pollinator workshops in Williamson County and SPIN Clubs in Perry County. Children are able to see first hand through activities how important even the smallest insects are to our planets health.

## COUNTY FAIRS

Unit wide, 4-H youth exhibited projects in a wide variety of areas, including livestock, during County fairs. Youth were able to present their projects to judges and showcase their knowledge and skills gained through the process. Judges are able to provide praise and suggestions on ways to improve projects. Youth gain confidence through these experiences.

**The 4-H program enables youth to support their local communities through service projects, creating caring youth who take action upon the critical issues in their communities.**





## Ewing Demonstration Center Spring Cover Crop Field Day

More than 40 producers from southern and central Illinois attended the Spring Cover Crop Field Day at Ewing Demonstration Center. Some of the program highlights included the research trial looking at new clover varieties, and the cover crop demonstration trial. This demonstration plot includes over 20 different cover crops and several combinations of cover crop species, illustrating first hand the characteristics of the cover crops and what benefits they bring to your soil and crop production system.

## Beginning Farmer Training Program

Twelve area producers graduated from the ten-session Beginning Farmer Training Program on March 28th in Jackson County. Participants connect with local professionals and other growers to learn production techniques for fruit and vegetable crops, including pest management, soil health and fertility, and marketing. Fruit and vegetable producers who engage in extensive courses such as the Beginning Farmer Training Program are more likely to make informed business and production decisions, leading to higher profitability. These measures strengthen Illinois' economy while connecting farmers to local food opportunities and global markets.



When I signed up for the class, I really just wanted to learn better growing practices, but after taking the course, I'm really thinking I can make a few investments and have a little extra income to supplement my retirement.

**2016 BEGINNING FARMER PARTICIPANT**



## Pumpkin Field Day

Pumpkin producers from all over the region, both small and commercial, gathered at the Illinois Pumpkin Field Day at Ewing Demonstration Center on August 31. Growers observed a pumpkin variety trial with more than 50 varieties and gained knowledge on variety selection, pest management and marketing. Many growers are exploring pumpkin production to extend their marketing seasons and add value to their current operations. Samantha Dahmer, who farms with her family in Marion, is considering a pumpkin enterprise. She attended Pumpkin Field Day to learn how to establish and maintain a successful pumpkin patch.





# Horticulture

## Master Gardeners

U26 Master Gardeners are constantly providing assistance for hundreds of local residents by answering questions, organizing seminars, and leading programs. Master Gardeners have volunteered their time to all areas of Extension, by educating 4-H Youth, and assisting INEP with school programs. The Master Gardener is constantly growing and continues to thrive in our region.



24  
Volunteers



1,677.6  
Hours of Service

## Club D.I.G.S.

Perry County Master Gardeners led a 4-H SPIN Club called Club D.I.G.S. “Doing Interesting Gardening Stuff.” The club met six times during the school year at Du Quoin Middle School and taught children the importance of horticulture and wildlife.

Children made projects at every meeting, that they were able to take home to enjoy with their families. Master Gardeners developed the lesson plans using Extension materials.

Through the Master Gardeners this SPIN Club is able to demonstrate what programs Extension has to offer from horticulture to 4-H.







## Master Naturalists

Master Naturalists in U26 have volunteered their time in many ways. They have logged nearly 6,000 hours of volunteer time within our communities! Many of this was done by volunteering in our State Parks and assisting IDNR in invasive species elimination and trail clearing. They have also volunteered their time to youth programs.



43

Volunteers



5,939.25

Hours of Service

U26 Master Naturalists, with Giant City Park, coordinated a year long program called Kids in the Woods that invited youth to explore nature. Kids in the Woods is an environmental education program based on the book by Clare Walker Leslie entitled The Nature

Connection: An Outdoor Workbook for Kids, Families and Classrooms. Developed by area Master Naturalists for families with children aged 6-10 (first through fifth grades) the program is designed to encourage all participants to observe, appreciate, and learn more about nature. Ms. Leslie's book provides a format and theme that unifies activities to explore nature throughout the calendar year. Beginning with 'How to be a Naturalist,' the program is being developed to encourage note taking, journaling, citizen science projects, and more.





The INEP, SNAP-Education program is reaching individuals and families with nutrition education where they eat, live, learn, shop, and play to make healthy eating an easy choice. SNAP-Education staff not only provides direct education to children and adults, but also works with key leaders to impact nutrition policy, system, and environmental changes to nudge people into eating healthier.

## Smarter Lunchroom Movement

University of Illinois Extension has partnered with Cornell University to train SNAP-Education staff on the Smarter Lunchrooms Movement and provide eligible schools with assessments, action planning, technical assistance, and training to implement some of the simple, research-based, inexpensive solutions that nudge students to make healthier choices in the school lunchroom. To build momentum for the Smarter Lunchroom Movement, University of Illinois Extension was able to reach 42 foodservice staff representing 20 schools from throughout southern Illinois at the 7th Annual School Lunch Rocks! Regional Workshop hosted by Southern Illinois Healthcare and the CATCH onto Health Consortium.

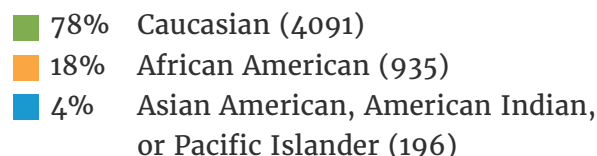
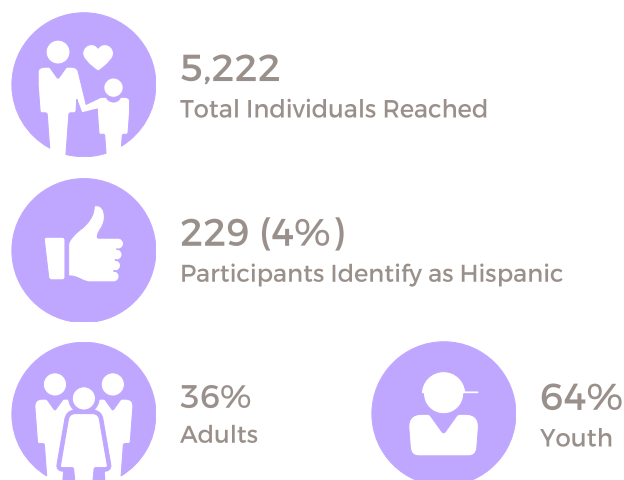
Presentations provided by University of Illinois Extension's SNAP-Education staff included Smarter Lunchroom Movement: An Introduction and Team Up for School Nutrition Success: A Mini-Course. All of the evaluations turned in indicated that the workshop was helpful and 82% indicated that IT ROCKED! A few of the comments from the evaluations included: "Great Experience"; "Great information from speakers"; "It was great!" During 2016, Smarter Lunchroom Scorecards were completed in 14 local school cafeterias.

## UNIVERSITY OF ILLINOIS EXTENSION SNAP-EDUCATION

### Franklin, Jackson, Perry, Randolph, and Williamson Counties

SNAP-Education helps those in need make healthier choices by reaching people where they are in their communities with interactive classes and activity stations, and by working towards policy, systems, and environmental changes to encourage healthier behaviors.

## Program Reach



### Education Provided at the Following Site Types:





## HEALTHIER POLICIES, SYSTEMS, AND ENVIRONMENTAL CHANGES:

### Franklin, Jackson, Perry, Randolph, and Williamson Counties

SNAP-Education helps those in need make healthier choices by reaching people where they are in their communities with interactive classes and activity stations, and by working towards policy, systems, and environmental changes to encourage healthier behaviors.

*31 Community Partners in Collaboration to Positively Influence Community Health:*



12  
K-12 Schools



2  
Stores or Markets



6  
Agencies or Community Centers



2  
Emergency Food Sites



1  
Youth Center



8  
Early Childhood

## Success in Action



SNAP-Education has worked with Wesley Foundation Food Pantry in Jackson County to provide resources and education encouraging healthier food options be selected by those visiting the pantry. Bundling of foods with a recipe card has been a helpful tool to assist the pantry and their clients.

## Farmers Markets

The number of farmer's markets that are accepting SNAP-EBT is growing in our area. Through several community partnerships, University of Illinois Extension's SNAP-Education program worked to bring awareness about SNAP-EBT acceptance at local farmer's markets. Community partners, which included the Jackson County Healthy Communities Coalition, Jackson County Health Department, Southern Illinois Healthcare, FoodWorks and Southern Illinois University Carbondale's Food and Nutrition Department came together to host photo booths at each of the Farmer's Markets in Jackson County and shared these pictures on social media to bring awareness to the availability of locally grown produce and markets that are accepting SNAP-EBT. These markets are a great way to connect consumers with local growers providing fresh, locally grown produce and other healthy foods. Thanks to a Plan4Health grant awarded to the Jackson County Health Department, two Jackson County Farmer's Markets (Carbondale Community Market and Carbondale's Farmer's Market – at Murdale) were able to accept Double Up Food Bucks, allowing participants' dollars to stretch even further.





## Jr. Chef Cooking Schools

SNAP-Ed worked alongside 4-H Teens as Teachers to develop a curriculum based on INEP guidelines to present to youth during summer cooking schools. Youth unit wide youth attended these cooking schools within their counties where they were able to learn to prepare nutritious whole foods, increase their daily physical activity, and select healthier foods on a budget, all of which they can implement at home on their own.





# Family Life

Reaching out to inspire a culture of healthy families, workplaces and communities. The goal of family life education is to teach and foster knowledge and skills to enable individuals and families to function optimally.

## Someday is Today: Live Your Bucket List

Many personal goals that people have would bring joy and fulfillment in their lives, but are many times delayed or never accomplished. Drawing on research being done at the University of Illinois and other research institutions, University of Extension Family Life Educators developed *Someday is Today: Live Your Bucket List* - a workshop designed to help participants create “bucket lists” and set goals to pursue interests and fulfill their dreams. Sloop and Cheri Burcham revised and updated this program in 2016. The program was provided statewide by the Family Life Educators in six different locations in partnership with the Illinois Municipal Retirement Fund (IMRF) Summer Learning Series.

### What the Participants Learned

- ▶ (96%) increased their understanding of various types of bucket lists.
- ▶ (100%) of the respondents increased their knowledge of the difference between mini & maxi Bucket List goals and the importance of self-inventory.
- ▶ (82%) increased their awareness of the benefits of setting goals throughout life.
- ▶ (92%) increased their skill level in identifying strategies for developing their own bucket lists or action plans & in ways to reflect on those experiences.

## Total Contacts



84

Total number of programs, both in-person and web-based



1,394

Total number of contacts through programming



Try to do crazy things. I will never be younger. Limit time spent doing odd jobs & watching stock prices.

**BUCKET LIST PARTICIPANT**



The Family Life team maintains a blog “Family Files, Facts for All Ages” which Susan contributes to on a monthly basis. The article “Your Baby’s Brain Development” written in March 2016 has received 135,979 total views to date! Since the blog began in January 2015, it has received 375,571 total views! Susan also maintains a Facebook, Instagram and Twitter account.



# Staff Directory

SERVING JACKSON, FRANKLIN, WILLIAMSON, PERRY, & RANDOLPH COUNTIES



Lynn Heins  
County Director



Trinity Allison  
Extension Educator  
SNAP-Ed, Region 4



Michelle Bisel  
Extension Educator  
Youth Development



Alicia Gardner  
Extension Educator  
Horticulture



Nathan Johanning  
Extension Educator  
Local Food Systems  
and Small Farms



Susan Sloop  
Extension Educator  
Family Life



Toni Wright  
Visiting Extension  
Educator, SNAP-Ed



Cindy Bauman  
Program Coordinator,  
4-H & Youth  
Development



Wil Bingman  
Program Coordinator,  
4-H & Youth  
Development



Marc Lamczyk  
Program Coordinator  
Small Farms & Local  
Food



Rebecca Needham  
Program Coordinator,  
4-H & Youth  
Development



Maggie Rose  
Program Coordinator  
Local Food and Small  
Farms



Rhonda Shubert  
Program Coordinator,  
4-H & Youth  
Development



Esther Waddy  
Program Coordinator,  
4-H & Youth  
Development



Megan Austin  
Work Program  
Participant, SNAP-Ed



Theresa Lutz  
Work Program  
Participant, SNAP-Ed



Jennifer Newbury  
Work Program  
Participant, SNAP-Ed



Hannah Sickmeyer  
Work Program  
Participant, SNAP-Ed



Vicki Snider  
Work Program  
Participant, SNAP-Ed



Terri Cagle  
Office Support  
Associate



Tina Dudley  
Office Support Assistant



Erica Kurtz  
Office Support Assistant



Caitlin Pursell  
Office Support Assistant



Marilyn Rainey  
Office Support Specialist



Beverly Rendleman  
Office Support Assistant



# Council Members

*Extension councils serve in an advisory role cooperating with Extension staff in planning, promoting, developing, implementing, evaluating and financing an Extension program designed to meet the needs, interests, and resources of the local communities.*

Officers	County	City
Jon McClurken, Chair	Perry	Pinckneyville, Illinois
Gay Bowlin, Vice-Chair	Franklin	Benton, Illinois
Brenda Jones, Secretary	Jackson	Murphysboro, Illinois
Christy Walter, Financial	Franklin	Royalton, Illinois
Rick Avery	Williamson	Marion, Illinois
Bill Bathon	Perry	Pinckneyville, Illinois
Gail Batteau	Perry	Pinckneyville, Illinois
Sally Cook	Perry	Du Quoin, Illinois
Jessica Grammer	Jackson	Murphysboro, Illinois
Shari Heine	Jackson	Gorham, Illinois
Eddie Kerkhover	Randolph	Chester, Illinois
Nicole Loyd	Franklin	Scheller, Illinois
Charlene Morris	Williamson	Marion, Illinois
Judy Pour	Randolph	Red Bud, Illinois
Bryan Stearns	Williamson	Marion, Illinois
Denise Stearns	Williamson	Marion, Illinois
Jennifer Watson	Jackson	Murphysboro, Illinois

**Jackson County Board**  
Dan Bost

**Franklin County Board**  
Christy Brower  
Alan Price

**Williamson County**  
Brent Gentry

**Randolph County Board**  
Jo Levery  
Mike Schmitz

**Perry County Board**  
Jane Chapman  
James Engelhardt  
Jim Epplin

## OFFICE INFORMATION

### Jackson County

402 Ava Road  
Murphysboro, IL 62966  
(618) 687-1727  
Fax (618) 687-1612  
M-F 8:00-4:30

### Franklin County

1212 Rt. 14 West  
Benton, IL 62812  
(618) 439-3178  
Fax (618) 439-2953  
M-F 8:00-4:30

### Perry County

3764 State Rt. 13/127  
Room 110, in Basement  
Pinckneyville, IL 62274  
(618) 357-2126  
Fax (618) 357-3934  
M-W 8:00-4:30

### Williamson County

101-B East DeYoung St.  
Marion, IL 62959  
(618) 993-3304  
Fax (618) 997-1542  
M-F 8:00-4:30

### Randolph County

313 W. Belmont St.  
Sparta, IL 62286  
(618) 443-4364  
Fax (618) 443-1922  
M-Thu 8:00-4:30



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and 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).

### Equal Employment Opportunity Statement

The Equal Employment Opportunity Program (EEO Program) in University of Illinois Extension establishes policies and procedures in employment of the most qualified candidate based on individual merit and free from invidious discrimination in all of its forms. It is the policy of the University of Illinois Extension not to engage in discrimination or harassment against any person because of race, color, religion, sex, national origin, ancestry, age, marital status, disability, sexual orientation including gender identity, unfavorable discharge from the military or status as a protected veteran. This EEO Program relates to all phases of employment, as defined in Section I-1, for all employees of University of Illinois Extension, Illinois-Indiana Sea Grant and Energy Education Council and for establishing overall general policy that is consistent regarding all positions regardless of the sources of supporting funds.

### Disability Accommodation Statement

If you need a reasonable accommodation to participate in this program, please contact Lynn Heins at 618-687-1727.