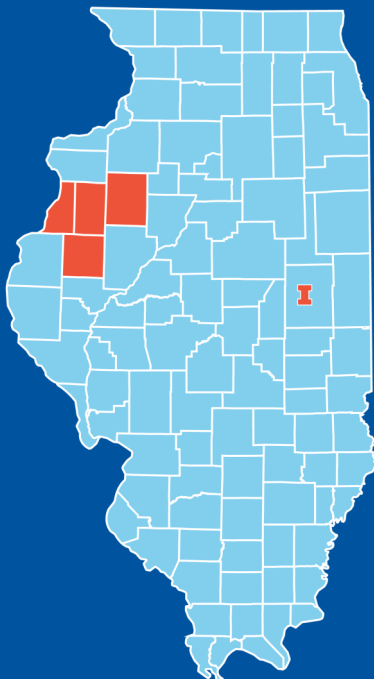




University of Illinois Extension provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future. Based in the College of Agricultural, Consumer and Environmental Sciences, Extension is the statewide outreach program of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



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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

The U of I Extension programs in Henderson, Knox, McDonough and Warren counties is thriving thanks to you, our local partners, stakeholders, and volunteers. We once again have a full compliment of educators covering all four of Extension's program areas and are looking for ways to expand our services to better serve you. Do you know of a local issue that needs our attention? We would love to hear from you. You are welcome to contact myself or any of our employees that might be working in the program area where you have a concern.

Extension has had a busy year and we encourage you to take a look at all the programming we offered and the impacts we are having in the counties where you live. From Project Rebound to Monarch Migration, your local Extension office is involved in many community efforts. Our 4-H and SNAP-ED programming are teaching leadership skills and healthy habits to our next generation of citizens. We are also working with families on budgeting and keeping the minds of our aging population active.

Enjoy a few minutes catching up on what we have been up to in 2018. If something catches your attention, feel free to check out our website, social media or just stop by or call your local office to learn more. Thanks again for your part in making us a successful organization and helping us to make the communities we all live in better.

Lisa Torrance
County Extension Director



The People



19
Staff



217
Volunteers



115
Partners

The Processes



619M
Social Media Followers (Facebook & Twitter)



600K
Website Reach



149
News Releases



48
Print Newsletters



21
Radio & Television Appearances

Financial Report

REVENUES	\$1,271,666
State Funds/Match	\$254,625
County Board, Federation & Foundation	\$499,014
Federal SNAP	\$155,469
Local Donations	\$11,906
Program Fees	\$17,167
Smith Lever	\$303,732
4-H Premiums	\$29,753
EXPENDITURES	
Federal SNAP	\$94,143
Materials, Supplies, Utilities & Rent	\$130,581
Program Expenses & Salaries	\$566,008
Smith Lever	\$303,681
Transportation	\$11,125
Awards	\$39,864



Growing Food Grows Community

Some of the most productive Illinois farmland has some of the highest rates of food insecurity. Across Illinois the average number of food insecure families is 11%, however, Knox County (13.8%) and McDonough County (15.5%) have higher rates of families struggling to put food on the table.

Families in rural Illinois also face low access to fresh, healthy food. The USDA lists several small farming communities in our area including large portions of Macomb, Galesburg, and Monmouth as food deserts.

To address issues of access to quality food, local University of Illinois Extension staff partnered with the federally funded SNAP to grow fresh produce for local food pantries. A SNAP educator surveyed local food pantries and revealed a high demand for fresh produce. University of Illinois Extension Master Gardeners in Galesburg (Carl Sandburg Community Garden) and Macomb (GIFT Garden) led the effort to grow and supply local food pantries with 8,510 pounds of donated produce. SNAP monitored the produce donated and provided recipe cards based on the fruits and vegetables received by the pantries. In total, both gardens provided fresh, healthy produce to an estimated 7,853 families in McDonough and Knox Counties during the 2018 gardening season.

Built in 2017, news of the Macomb GIFT Garden spread and by the end of 2018 local community organizations donated \$8,137 to support the efforts of the Master Gardener volunteers for years to come.



In addition to growing food for donation, Extension horticulture staff sought to teach others to grow their own produce. Four gardening workshops were held utilizing the Carl Sandburg Community Garden and the GIFT Garden in the spring, summer, and fall. During these workshops, participants were taught seed starting and soil preparation in spring, irrigation and pest control in summer, and harvest and season extension in the fall. Bill Wallace, Extension Master Gardener from Warren County, and Horticulture Educator Chris Enroth developed hands-on activities and demonstrations that took the lesson out of the classroom and into the garden. In total, educational efforts reached fifty-six adults and youth.

The demand for starting community gardens is incredibly high across Illinois. Community members and organizations are constantly reaching out to Extension for community garden resources. To respond to this need locally and state-wide, horticulture educators created a community garden webinar series. This series is free and available to anyone, but it is targeted toward those who wish to start and manage community gardens.

The fellowship of the garden volunteers and members of the community indicates the successes of growing food together as University of Illinois Extension addresses food insecurity and plays a role in rebuilding our Midwestern food culture.



@ThreeRiversHort



Master Naturalists searched for, found, and cracked open geodes at Jacob's Geodes.

Three Rivers Master Naturalists

The Mississippi, Spoon, and La Moine rivers run through the counties where the 30 certified Master Naturalists have been located since 2014.

When the local Master Naturalist program began, the group decided it was important to become experts in our region. The meetings were formed to become opportunities for adventure and to learn. Each monthly meeting has a Master Naturalist who is in charge of organizing the activity. They have visited Aldo Leopold's Childhood Home, walked across a dam on the Mississippi River, investigated Native American culture, hunted for geodes, explored timber and prairie, observed migratory birds, learned about ticks and Lyme disease, and explored a lake restoration. These meeting adventures have given the group a revitalized sense of place in Illinois. When folks say, "There is nothing but cornfields in downstate Illinois," the Master Naturalists can counter with a collection of interesting places and activities to share.

The Master Naturalists share their first-hand knowledge of nature. One is a bird enthusiast who developed a bird identification series for local middle school kids. Another is a butterfly expert who refurbished a school bus to become a mobile classroom to teach folks around the state. There is a Girl Scout leader who manages a nature preserve with prairies and timber. She and a former landscape designer worked with Girl Scouts to design

and build a prairie identification garden at the preserve. One naturalist built her own restored wetland and prairie complete with dozens of birdhouses and indoor spaces for visitors and volunteers. Several of the Master Naturalists serve as stewards to a dozen pollinator plots. One is a teacher with deep ties to the land who discovered Native American artifacts on his family land. He has also donated remnant hillside prairie to the Natural History Survey, hosted prairie walks on his restored prairie, and taught for Extension many times.

If you are interested in learning more about the program, join the next training to become a Master Naturalist!



93
Volunteers



5,064
Volunteer Hours Reported



\$71,774
Value of Volunteer Hours



932
Continuing Education Hours



132
Questions Submitted Online



Monarch Waystation Capital of Illinois

Volunteers and partners are on a mission to increase monarch habitat within a fifty-mile radius of Galesburg, Illinois. In order to do this, they are working year-round to promote conservation of habitat and teach about the monarch's life cycle and the importance of milkweed in the Midwest. So far the program has measured success by the increased number of monarch waystations from 42 to 213 within a short period of time.

Volunteers and other community partners have formed the "Friends of the Monarch Migration Festival" group. The group meets nine months out of the year to share updates on monarch migration numbers, policy changes, state initiatives, pollinator events, and plan for the annual Monarch Migration Festival. They have built relationships between community organizations around the common cause of protecting monarch migration in the Midwest. Local partners include representatives from Galesburg Parks and Recreation, Pheasants Forever, Farm Bureau, Simply Native Nursery, Knox County Council for Developmental Disabilities, Niabi Zoo, Girl Scout parents, and other community members.

Walking around the annual Monarch Migration Festival in September, volunteers and staff notice something special. Many of the children in attendance already knew about the life of the monarch butterfly and they were the ones doing a lot of the teaching! Kids led their parents around the gymnasium, fluttering from activity to activity telling their parents everything they know about these beautiful creatures.



At the end of the Monarch Migration Festival butterflies are released.



Our Master Gardeners devote many hours behind the scenes to the Monarch Migration Festival.

A 10-year-old monarch-raising prodigy led our most popular talk alongside one of our Master Gardeners. The crowd of around 30 was captivated by instructions on how to raise and release monarch caterpillars. He also held the honor of leading the butterfly release at the grand finale!

Many of the children are knowledgeable about the monarch butterfly due to Master Gardener Rhonda Brady and her mobile classroom, Ms. Mariposa, touring around teaching thousands of students in the region each year. Two Ag in the Classroom educators, who happen to be Master Gardener trainees, spend time in classrooms every week to spread the word. Additionally, we have a Master Naturalist who spends every fall collecting, raising, and distributing caterpillars to schoolteachers to raise in their classrooms.

Kids can encounter Master Gardeners and Master Naturalists doing activities at the 1st-grade environmental day, 5th-grade outdoor day, conservation days in Warren and McDonough County, the Macomb Farmer's Market, Galesburg First Friday, and for the last 4 years at the Monarch Migration Festival in Galesburg. University of Illinois Extension is grateful to work with so many community members in support of monarch conservation and beyond.



<https://www.facebook.com/groups/MonarchFestGalesburg/>



Extension Program Helps Illinois Citizens to Manage Japanese Beetles Issue

For the past five years, Japanese beetles, an invasive insect, have inundated West-Central Illinois. Japanese beetles are generalist feeders and target over 300 species of plants ranging from field crops to landscape ornamentals and lawns. The Japanese beetle has been named the most devastating pest of urban and rural landscapes in the eastern United States costing Americans more than \$460 million per year in management alone (USDA, Aug 2015).

Homeowners routinely contact University of Illinois Extension offices feeling overwhelmed and unsure what to do about this new pest in our region. Of the 106 home gardening questions received by Unit 10 Extension offices in 2017, twenty-one percent were regarding Japanese beetles. Often homeowners apply excessive amounts pesticides, off-label, in hopes of eliminating the damage caused by Japanese beetles. This excessive use of pesticides can negatively impact natural resources and wildlife like beneficial insects. Plus, homeowners purchase unnecessary or gimmick products that waste their time and money.

What Has Been Done

In response to a local need for more information, University of Illinois Extension Horticulture Educator Chris Enroth taught five classes in Knox, McDonough, and Warren counties on the management of Japanese beetles. For the five classes, 82 participants signed-in, however, that number is not representative of the total attendees. In Macomb, the classroom was full, and individuals stood in the back and out the door. Including those that didn't sign-in, total reach of in-person contacts for this program is estimated to be over 100 but under 125.

Enroth used slideshow visuals and brought in examples of organic and conventional pesticides labeled for use on Japanese beetles. Enroth demonstrated new research from University of Missouri on mass trapping systems using floral scent and Japanese beetle pheromone lures. Handouts were given to participants summarizing the lecture and included University recommended chemical and mechanical controls.



Subscribe to the Three Rivers Newsletter
<https://go.illinois.edu/StewardshipNewsletter>

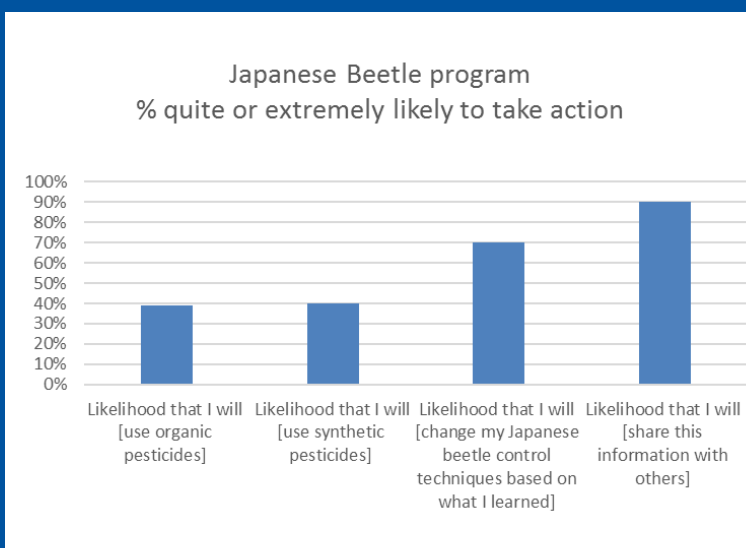
Results

A pre- and post-survey was given to program participants that measured a tremendous gain in knowledge of those that attended. Prior to the class, only 21 percent of attendees rated their knowledge of Japanese beetle control techniques as high or very high. Following the class, 87 percent of attendees rated their knowledge on Japanese beetle control as high or very high.

Additionally, the survey revealed prior to the class only 9 percent felt confident they had the ability to reduce Japanese beetle damage. Following the session, 76 percent felt confident their abilities to manage Japanese beetles were high or very high.

The dissemination of research-based information into our local communities is the core function of Extension. Ninety percent of those surveyed said they will share this information with others highlighting a tremendous gain and success of this Extension program.

"I learned a great deal about Japanese beetle control and U of I Extension's gardening programs" – McDonough County program participant.



Four questions were also included on the program evaluation to determine the likelihood those surveyed would take action. The likelihood of organic pesticide use (39%) versus synthetic pesticide use (40%) was nearly even. A majority (70%) said they will change their techniques based on this class. And nearly all those surveyed (90%) said they will share this information with others.



three_rivers_hort



Six County Fast Pitch Competition

On Wednesday, March 14th, entrepreneurs competed in the Six County Fast Pitch Competition, vying for cash and prizes to help turn their idea into a new or expanding business in the counties of Henderson, Henry, Knox, Mercer, Stark and Warren Counties in Illinois. While the competition previously was held for Henry and Stark counties in the past, 2018 was the first year of the six county competition.

According to Community Development Educator Carrie McKillip, "It made sense to combine forces in the West Central Illinois Region to organize the competition. Both my colleague Russell Medley and I have worked with the region for the Small Business Day Awards and Luncheon, so combining the counties was easy." Medley is a Community Development Educator in Henry, Mercer, Rock Island, and Stark Counties.

20 entrepreneurs presented their ideas to a panel of judges during confidential individual 10-minute "fast pitch" sessions. The winners were announced during an awards ceremony at the Alpha United Methodist Church. The grand prize winner in each category was awarded \$2,500 cash, up to \$35,000 in media advertising donated by Regional Media, Gatehouse, Galesburg Radio, and WRMJ radio, a \$1,800 marketing consultation donated by Dave Dunn's Masters Educational Services, up to 8 hours of customer service training from University of Illinois Extension, a \$500 Scholarship to related coursework at either Carl Sandburg College, Blackhawk College, or Blackhawk East from their Foundations, accounting services donated by Thomas L. Irons, EA Accounting Systems, Inc, and continued consultation and support from Western Illinois University's Small Business Development Center.



All our dreams can come true,
if we have the courage to
pursue them.
WALT DISNEY



The winners of the first Six County Fast Pitch Competition.

Linda Putnam took the prize for Existing Business Expansion for her "Linda's Salsa" Enterprise. The Manufacturing/Fabrication/Distribution prize went to Andrea Konie for her "Dinner's On Me!" frozen meal service. "Trademark Vacations", the startup travel agency owned by Shawn Kendall won in the Retail/Services category.

The three Fast Pitch winners were the guest speakers at the May Small Business Day celebration. They talked about their business and the progress they had made since the fast pitch competition.

Both events will go to a bi-annual schedule, with 2020 as the target for the next competition and celebration.



<http://www.6countyfastpitch.org/>



Bringing Back Galesburg

In Galesburg, Illinois, the sunlight filters through maple leaves onto the freshly painted exterior of Vanessa Morrison's new home. Just a year ago, this was the abandoned house on the block, with a crumbling garage and discolored walls. Now the house gleams with new flooring, windows, and countertops.

This is Morrison's first home, restored and purchased with the help of Project Rebound, a partnership among University of Illinois Extension, the City of Galesburg, Midwest Bank, F&M Bank, and contractors Shauna and Alfonso Pugh and Lindsay and Craig Hillery.

Project Rebound restores abandoned or distressed homes for purchase by first-time buyers who have good credit and employment history but haven't saved enough for a down payment. In the process, the program does more than save city houses, it changes lives.

For Morrison, it means her three young children will have space to run and play, a change from their third floor apartment. As they wait to move, Morrison says, "I can provide for my kids- that's what excites me the most. Our kids will have a yard. They came with me to look at the house, and now they ask me every day, 'Mommy, when are we moving in?'"

At over 30,000 residents, Galesburg is well above the population limit for USDA Rural Development mortgage assistance, so the house committee set its sights on finding an alternative path to homeownership for city residents. Members formed the non-profit Project Rebound and developed a plan: the project's board members would work in teams to identify approved buyers, identify potential homes, and advertise the program, while Midwest Bank and F&M Bank would finance buyer mortgages. All they needed was an investor to purchase and renovate the first homes.

Local Contractors Alfonso and Shauna Pugh stepped up. On the lookout for a way to give back to their community, the Pughs were willing to take on the initial cost of purchasing and renovating houses if Project Rebound could find buyers. To date, the Pughs have flipped three houses, with Lindsay and Craig Hillery renovating the fourth.

Carrie McKillip, Illinois Extension educator, stresses that Project Rebound runs entirely through business collaborations and does not accept donations, which helps it boost the Galesburg economy. Removing an abandoned home can cost \$15,000 to \$20,000, whereas a restored and purchased home adds to the city property-tax base. Contractors earn money for their work, and the banks gain clients.

Judy Guenseth, the city's housing program coordinator, says Project Rebound is providing inspiration for addressing the city's aging housing stock.

"It's a worthwhile investment-all partners are working together to solve a problem, using creative resourcing to make the community over," Guenseth says. "Nobody is losing any money; no one is making a ton of money. You're opening the door for rehab and helping a family. It's just a positive thing."



McKillip agrees. "There are so many dimensions to this program, it's really hard to wrap your head around all the ways it can help the community. My philosophy as an Extension educator is that cities need to retain their

young people. If you can purchase a home, it's one of your biggest investments in life and helps invest you in the community. I think it really solidifies the buyer's residency in a town."

Guenseth calls Illinois Extension "an anchor" in the community. "It's a blessing in a community to have an organization that is multifaceted and does all the things that they do, that steps up to the plate. It's good to see people who are passionate, not about making a huge paycheck but about making the community grow."

For Project Rebound's new homeowners, that anchor has given them staying power. Morrison already knows the first thing they will do once they unpack: "The kids are going to be out in the backyard, and I'm going to decorate the house-make it my own."



@projectreboundgb



Leadership Academy

Tina Droste from Henderson County participated in the 2018 Leadership Academy. It was developed by U of I Extension in partnership with United Counties Council of Illinois (UCCI) to provide leadership training on issues important to elected and appointed county officials.

Over the course of five interactive sessions, the academy covered topics including fiscal management, leadership in crisis situations, data-driven decision-making, managing economic development, change management, managing conflict, and parliamentary procedure. Mike Frerichs, Illinois state treasurer, gave a welcome presentation.

"The academy provides an opportunity for county officials to learn and practice leadership skills, and develop a network of peers they can call upon," explained Anne H. Silvis, assistant dean and Extension CED program leader. "It is always impressive to see the level of commitment and competence among our leadership academy participants."



Local Government Education

Each year, elected and appointed local government officials and administrators from across the state improve their knowledge and skills through professional

development opportunities provided by U of I Extension. Carrie McKillip, community and economic development educator, works with her statewide colleagues to plan and market these monthly webinars.

Over the past year, the webinars have reached over 1,500 participants through live and recorded sessions. Topics included the opioid crisis, state and federal legislative updates, strategies for attracting and retaining youth in rural communities, and disaster preparedness.

CED Partnerships

Strong partnerships with community leaders, local government officials, and economic development professionals are key to good Extension work in Illinois. Community and Economic Development (CED) Educator Carrie McKillip's role in these partnerships is through outreach, networking, and collaboration. Her projects and coordination efforts impact her counties now and over a longer term.

HENDERSON COUNTY

Stronghurst Booster Club
Henderson County COAD
Henderson County Emergency Management Agency
Henderson County Health Department
EagleView Community Health Systems
West Central School District

KNOX COUNTY

Galesburg Area Chamber of Commerce
Knoxville Action Team
Western Illinois Builders Association
City of Galesburg
Knox County Partnership
Galesburg Community Foundation

MCDONOUGH COUNTY

McDonough District Hospital
SIU School of Medicine
West Prairie Schools
Small Business Development Center WIU

WARREN COUNTY

Warren-Henderson Farm Bureau
OSF Holy Family Medical Center
Carl Sandburg College Health Occupations
Monmouth Kiwanis Club
Monmouth Rotary Club

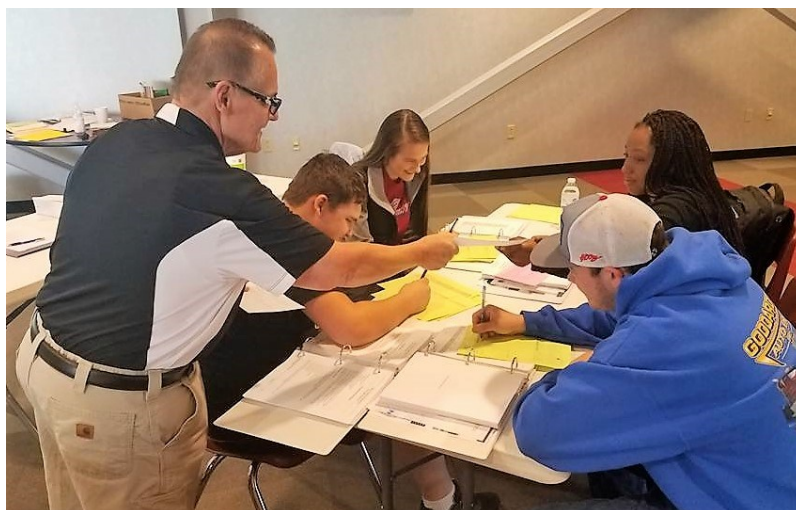


MyPI Illinois

Illinois My Preparedness Initiative is a nationally certified Federal Emergency Management Agency (FEMA) disaster education program developed and implemented for youth ages 13-19. This pilot program is designed to train youth to become Community Emergency Response Trained (CERT) Certified and be able to respond or act in times of disaster within their communities. Youth are taught to develop and implement a family communication plan, build a disaster kit as well as assist six additional households to do the same. Illinois is one of eight states nationally to pilot phase one of this program in concert with Mississippi State University Extension.



MyPI Illinois
Henderson county
students
in training.



MyPI certified instructors from across the state.



@MyPIIllinois



Family Life Programs has a new face

In April of 2018, Tessa Hobbs-Curley moved from serving as a 4-H youth development educator to serving as a family life educator. Her Master's Degree in human development counseling and her wealth of experience working with youth and adults contribute well to her new role. Since she has taken her new position, Tessa has offered an array of programs to residents in Henderson, Knox, McDonough, and Warren counties. The majority of programs held were on healthy social/emotional living for adults.

Tessa continues to offer these programs on brain health: Hold That Thought, Fits Wits, Wits Fits, and Two Heads are Better than One. She also offers titles focused on social and emotional well-being: The Funny Side: The value of Humor, Declutter and De-Stress, Being Mindful in a Busy World, Intentional Harmony, Remaining Strong in Trying Times, and Caregiver Self-Care.

In order to measure the efficacy of the programs, participants complete evaluations at the end. All evaluations ask the same information. First participants are asked to rate, on a scale from 1 to 5, how much they learned from the program overall. Also on a scale of 1 to 5, participants are asked to gauge their understanding, knowledge, awareness, skill level and ability regarding the program topic before and after the presentation.

Tessa's results for programs provided in 2018

	Before	After
Knowledge of topic	3.4	4.4
Awareness of topic	3.6	4.6
Skill Level	3.7	4.8

Overall, how much did you learn from this program?
Average score: 4.6 (out of 5)

Tessa looks forward to exploring new areas to serve community members.



Family Files Blog
<https://go.illinois.edu/FamilyFiles>



@KidsFoodMoneyandMore



Walk in My Shoes program.

Walk in My Shoes

Extension Educator Tessa Hobbs-Curley works with students enrolled in vocational nursing classes at Galesburg High School with a program called "Walk in My Shoes."

Certified nursing assistant (CNA) students temporarily experience some of the possible effects of aging that older adults must overcome as they manage activities of daily living.

Some of the simulated activities for the students include:

- ▶ Wearing special glasses that mimic the effects of cataracts and color-blindness.
- ▶ Taping knuckles together and wearing gloves while trying to sort money to simulate arthritis.
- ▶ Listening to a tape recording of words and other sounds that were garbled or otherwise distorted, to learn what it's like with impaired hearing.

While going through the simulation students have verbalized, "I am going to work on being a little more patient," "I would be really frustrated and grouchy if I couldn't open the pill bottle," "I really had to think about what I was doing."

Gaining sensitivity by participating in the simulation reinforces the importance of caregiving and being mindful of their role as a CNA.



Illinois Jr Chef Summer Program Teaches Life Skill

A ten-year-old boy who had never cracked an egg successfully at home learned to do so during a Warren County Junior Chef session.

"Chad" was born with some physical limitations, which include a hand that doesn't perform fine motor skills as easily as most children. His first attempt to crack an egg during the lesson resulted in the egg being crushed instead of being pulled apart in two pieces. Although he was using a knife to crack the egg, his multiple attempts continued to result in crushed eggs.

Finally, with direction to keep striking the egg with the knife almost around its entire perimeter, he was able to successfully pull the eggshells apart resulting in a nicely cracked egg. With a huge smile he now has a skill he can use the rest of his life.



Whoa Foods to Remember

Ms. Chip (name changed to protect the innocent – or guilty) is a teacher in a Head Start all-day classroom in Knox County, Illinois. When the SNAP-Ed community worker visited her classroom for the first time during the year, she commented that she liked the story that was brought - "Gus Good Food Helps a Friend." The community worker smiled and went on with the lesson. When she finished, Ms. Chip told the SNAP-Ed community worker that her son, who was now in 5th grade, still talks about what he was taught when he was in Head Start. She went on to explain that a few weeks ago they were at the grocery store and potato chips were on sale so Ms. Chip was going to pick up several bags. Her son stopped her and said, "Don't we already have enough Whoa Foods?" Stunned, Ms. Chip reluctantly put the chips back.



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-EDUCATION)

SNAP-Education staff 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



1,156

Total SNAP-Education Participants



23.6%
Adults



76.4%
Youth



10.9% Identified as Hispanic
86% Identified as Non-Hispanic
3.1% Unknown

RACE OF PARTICIPANTS

- 76.3% White (882)
- 21.4% Black (247)
- 1.6% American Indian or Alaska Native, Asian, or Native Hawaiian or Pacific Islander (18)

Our Community Partners



5
K-12 Schools



1
Youth Centers



10
Early Childhood Centers



6
Community Centers



2
Food Pantries and Food Banks



Career Shadowing

For 31 years, University of Illinois Extension has coordinated the Career Shadowing Program for students from Warren and Henderson Counties in their junior year of high school. Students choosing to participate spend time “shadowing” a professional in their workplace. The program’s aim is to help students gain valuable information about realistic work settings, required education, training, and salaries.

Students choose their top three career interests. From those three choices, a volunteer from the community, Rotary, or University of Illinois Extension contacts area businesses to inquire about their interest in allowing the student to shadow someone from their organization. Students are required to fill out a resume, which allows the professional an opportunity to get to know the student before they arrive. After the shadowing experience, the students are asked to fill out a brief program evaluation.

This year due to HIPAA regulations placing students at a hospital was not an option, so University of Illinois Extension educators had to become creative. Extension partnered with several health care facilities to come together to offer students a hands-on experience. Bridgeway Inc, Carl Sandburg College, Eagle View Community Health Care System, Monmouth College, OSF Healthcare Holy Family Medical Center, and SIU School of Medicine provided a session. The session focused on laparoscopy, dental, social work, phlebotomy, and other professions in the health care field.

In the health career event, 38 youth participated and 90% identified that they agreed that this hands-on activity encouraged them to explore their interest in the health career field. Over 90% indicated that they are more likely to explore an occupation in a health career field because of the hands-on experience.

Tessa Hobbs-Curley, Youth Development Educator shares that, “It is the goal of the sponsors, participating local organizations, and the school districts to provide a learning experience for these youth that will help them become productive adults. It is with a hope that every eligible student takes advantage of this career shadowing opportunity.”



Students listen to SimMan to discover the different respiratory sounds.

A New Health Career Program Evolves

McDonough County Health Career Opportunities program is designed to help area sophomores, juniors and seniors connect the dots between school and career. A partnership between University of Illinois Extension, McDonough District Hospital, SIU School of Medicine, and Spoon River College set out to provide a series of planned experiences, which help broaden exposure to health careers at the local and regional level.

The program provides four goals. First, it gives experiences that improve students’ knowledge of career options. Second, the students expand understanding of career pathways and critical steps required. Third, the program gives exposure to the culture of health careers. Last, it helps to enhance the student’s local network of health professionals by creating a web of support and assistance in their pursuit of health careers.

Tessa Hobbs-Curley from University of Illinois Extension states that 30 students attended six sessions where they met professionals, toured facilities, explored careers, and learned about skills to become successful in the health field.



Students Explore Financial Realities

Every middle or junior high school in Knox, Henderson, and Warren Counties were invited to the "Welcome to the Real World" simulation held at the Galesburg High School Field House on April 27. The following middle or junior high schools participated: Lombard, Churchill, Abingdon-Avon, Knoxville, West Central, Immaculate Conception, United, Monmouth-Roseville, and Williamsfield, which equaled a little over 800 eighth-grade students.

The simulation was made available to the students with the partnership of Delabar CTE System and over 100 volunteers.

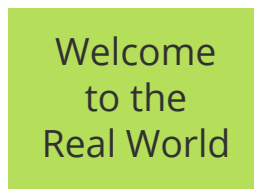
The simulation begins with the assumption that students have completed basic education for their chosen career, are single, and 25 years old. They live on their own and are independent with no financial support from family or others.

After they choose an occupation, they receive a monthly salary for that occupation. They then proceed through the simulation, in which they must deduct taxes, determine a savings amount, pay off a student loan (if applicable), and then pay their bills reflecting the career and lifestyle choices.

Tessa Hobbs-Curley, Extension educator, says eighth grade is a great time to have the students participate in this simulation so they can visualize the importance of being self-reliant.

Here are a few comments shared on the evaluation:

- ▶ "I now realize how important it is to save money and budget".
- ▶ "It showed me how much you have to save and how much and how quickly things add up".
- ▶ "Just choose things wisely and get things you need and not just want".
- ▶ "I've learned that there will be choices to make that all add up. Don't blow money, use it wisely".





I pledge my hands to larger service... The McDonough County 4-H Clubs give back to their community in a NEW way

In McDonough County, youth don't just say the 4-H pledge, they live it. Every day they are looking for ways to better their clubs, their communities, their country, and their world. In 2018, the 4-H clubs wanted to try something new and give back in more creative ways than from years past.

For as long as the members of Scotland Clever Clovers can remember their 4-H club had been hosting bingo night at one of the local nursing homes in Macomb. During their activities meeting, Sidney, a club officer, shared that bingo night had run its course and that an antique tractor parade was just the thing that needed to take its place. The club voted unanimously and Sidney was given the clear to organize the parade. She formed her committee and together they organized and perfectly executed the first antique tractor parade that included four local nursing homes in its route. Approximately 30 tractors and their drivers participated in the parade, including Sidney and her committee members. The parade participants and nursing home residents had a blast.

The 4-H Helping Hands club helped their community in a way that helped one family in particular while showing the 4-H members that even small acts of kindness make huge impacts on others' lives. The club adopted a soldier, SSG Keller, and sent him care packages throughout the year. Each time he would send them a letter thanking them and sharing a bit about himself.

When we give cheerfully
and accept gratefully,
everyone is blessed.

MAYA ANGELOU

In time, the 4-H members felt like he was a part of the 4-H family. During the holiday season, the club decided to send a care package to SSG Keller's wife and 4 children. After a little time, the club received a beautifully framed American flag and a 4-page letter from SSG Keller. In it he wrote, "Once again I want to say thank you for the care packages and continued support you show. As a token of appreciation, I am sending you this flag, which was flown over our base here in Afghanistan." The 4-H Helping Hands have presented Beth Chatterton with the framed flag so that it can be on display in the McDonough County Extension office for all to see.

The plans for connecting with their communities and making memories shows no sign of slowing down. As one of the H's in 4-H stands for "hands to larger service," it is wonderful that McDonough 4-H club members' desire is to make a lasting connection with others and bring the 4-H name to places where it may have not been before.



@McDonough4H



4-H Shooting Sports

The shooting sports program housed in Knox and McDonough counties is open to 4-H members across the unit and offers archery, air rifle, .22 small bore, shotgun, and pistol.

In September at the State 4-H Shotgun Shoot, Knox County 4-H'er Brandon Austin became the first since the inception of the Shooting Sports Program in Illinois to make a perfect score when he broke 100 clays.

Austin said of his success, "I'm still shaking. I've never hit 100 in a row or even 75 in a row." This was Austin's 4th time returning to the state contest and certainly the most memorable.

Since the age of 10, Austin had been participating in the 4-H Shooting Sports program. Younger members consider Austin someone to look up to and strive to be like. One member said of Austin, "Brandon is such a good shooter. I know if I keep working I can be as good as him someday."



Brandon Austin competing at the State 4-H Shotgun Shoot.

4-H Robotics

Youth ages 9 to 14 once again participated in the increasingly successful FIRST (For Inspiration Recognition of Science and Technology) program held in Knox and McDonough counties.

While completing a state qualifying performance in December, Knox County 4-H Robostorm won the Core

Values Award at the competition held at Bradley University. RoboStorm continued with an outstanding performance at the Tesla State Competition in Champaign winning two awards, the Ambassador's Award, and second place. The Ambassador Award is the first ever bestowed to Knox County 4-H Robotics since the beginning of the area program.

As a state ambassador team, they were selected to represent FIRST® LEGO® League and FIRST® LEGO® League Core Values to the general public and assist in growing and sustaining the FIRST® LEGO® League program in Illinois.

Also, the Knox County 4-H robotics team RoboStorm will attend a FIRST LEGO League (FLL) Robotic invitational held at the University of Arkansas.

Other local teams shared in the success. In its third year, the Binary Bullets, a Knox County team, won the coveted Inspire award at their regional and placed 4th in the State out of 176 teams. A group out of McDonough County, the 4-H Macomb Bots won Best Project award at the 4-H state robotics competition in Springfield.

4-H Livestock Judging

4-H members across Henderson, Knox, McDonough and Warren counties engage in various livestock judging contests. Members of the Knox County teams participated in nationally recognized contests such as the National Western Stock Show in Denver and the American Royal in Kansas City. Mason Engell of McDonough County participated on the state 4-H judging team that achieved high scoring team at the NAILE competition. Mason finished the contest as the high scoring individual. Gracia Rampa, former Knox County 4-H member, was the coach of the state team.



Knox County 4-H Livestock Judging teams.



Serving Youth in Henderson, Knox, McDonough, and Warren 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



2,165
4-H Participants



124
Adult Volunteers



751
4-H Club Members



206
First Year
Members

RACE

- 92 % Caucasian
- 3 % African American
- 5 % Asian, American Indian, Pacific Islander, 2 or more races, or unknown

- 93 % Non Hispanic
- 7 % Hispanic

ETHNICITY



- 25 % Farm
- 33.75% Small Town under 10,000
- 41 % Town 10,000 to 50,000
- .25 % Suburb and Cities over 50,000



Knox County National 4-H Week

Each year Knox County 4-H participates in several activities during National 4-H Week to promote our programs, clubs, and members. This year, clubs created window displays and cookie jars that were set up around the county to encourage members and potential new members to participate in our theme, "Inspire Kids to Do."

In addition to National 4-H Week activities, Knox County 4-H Federation members and the Knox County 4-H staff continued to promote 4-H and STEM through the month of October with "Code Your World" presentations at area schools for National Youth Science Day. This program was developed by Google and West Virginia University Extension Service to teach kids computer science basics through hands-on activities.

Federation members presented to eight different sets of students at Galesburg Christian School, Lombard Jr. High, Mable Woolsey Elementary, Knoxville High School, and the YMCA Solutions Program. Students were taught the basics of coding through two activities, "Code Your Dance" and "Animate a Name."

As an unplugged activity, "Code Your Dance" did not require the students to have access to a computer. Instead, they learned the complexities of coding through breaking down popular dance moves like the floss, shoot, orange justice, and even the chicken dance into simplified steps that a computer could read and recreate. Students learned that this task was more complicated than they first anticipated.

They then used this knowledge to try their coding skills in the "Animate a Name" activity on their computers or tablets. Students created code to make the letters of their name move, flash, change colors, and spin. Program participants connected what they learned to their lives that are well connected to coding through all forms of media, their favorite being video games.



@Knox4H



The Tradition Continues

When you think about Henderson and Warren County 4-H, the 4-H county fair and the annual barbecues may come to mind.

The Henderson County 4-H barbecue has been going strong for over 60 years all in thanks to strong community support. In fact, people have driven between 30-50 miles just to attend!

Held at the Henderson County Fairgrounds, typically on a hot Saturday afternoon, 4-H members, leaders, and family members work the event to ensure each guest is taken care of. Youth serve community members and walk around refilling drinks, offering desserts, and cleaning trays and tables.

While the menu has changed some over the past 60 years, guests are still offered a chicken or pork main dish with the choice of potato chips or potato salad, and a choice of coleslaw or applesauce, along with a roll, drink, and dessert.

Each year the barbecue is a free will donation. Even though the meal is valued at approximately \$7, most guests pay more. From 2014-2018, Henderson County averaged a net profit of over \$3,500 each year from the barbecue. The barbecue is the only fundraiser conducted by Henderson County 4-H with the money earned covering costs of maintaining the 4-H program in the county.

Funds are used for project manuals, scholarships to attend state or national events, unit workshops, community service activities, as well as additional money to go toward the premiums youth receive for exhibiting in the 4-H shows.

This year the Henderson County 4-H barbecue will be held on June 1 and will mark 62 years.

The Warren County 4-H barbecue is typically held on the first Tuesday in June with two locations available for community members to choose from, the Farm Bureau Auditorium in Monmouth and Hedding Grade School in Abingdon.

4-H members, leaders, and family members work the event to ensure each guest is taken care of. Youth serve community members and walk around refilling drinks, offering desserts, and cleaning trays and tables.

For a \$7 ticket, guests are offered a barbecue beef or pork chop sandwich, potato chips, applesauce, pie, and a drink. At the Farm Bureau in Monmouth, guests are also offered the option of drive-thru or carry out.

Over the last five years, the Warren County 4-H barbecue has averaged over \$3,400. The barbecue is the only fundraiser for Warren County 4-H. The funds earned are primarily used towards covering the costs of youth attending 4-H conferences, workshops, and fun 4-H events.

This year, the barbecue will be held on June 4. Warren County 4-H is excited to continue this event each year and is very thankful for the community support for over 50 years.



@Henderson4H



@4HWarren

STAFF

COUNTY DIRECTOR

Lisa Torrance

PUBLICITY & PROMOTIONS

Jackie Spence

EDUCATORS

Carrie McKillip
Community & Economic Development

Tessa Hobbs-Curley
Family Life

Christopher Enroth
Horticulture

Shelby Carlson
4-H Youth Development

OFFICE SUPPORT

Lisa Lincoln
Fiscal

Vicki Jackson
Assistant, Henderson County

Avis Skinner
Assistant, Knox County

Lorie Schwerer
Assistant, McDonough County

Diana Dugan
Assistant, Warren County

PROGRAM COORDINATORS

Amanda Christenson
Horticulture

McCala Miller
4-H Henderson & Warren County

Nicole Nelson
4-H Knox County

Beth Chatterton
4-H McDonough County

Julian Inniss
4-H SPIN

April Ashton
Snap-Ed Henderson & Warren County

Amy Finley
Snap-Ed Knox County

Tara Chenoweth
Snap-Ed McDonough County

OFFICE LOCATIONS

Henderson County Extension

410 E Main
Stronghurst, IL 61480
(309) 924-1163
Fax: (309) 924-1164

Knox County Extension

180 S Soangetaha Rd, Ste 108
Galesburg, IL 61401
(309) 342-5108
Fax: (309) 342-1768

McDonough County Extension

3022 W Jackson
Macomb, IL 61455
(309) 837-3939
Fax: (309) 837-3019

Warren County Extension

1000 N Main St
Monmouth, IL 61462
(309) 734-5161
Fax: (309) 734-5532

ONLINE



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