



2017 Impact Report

UNIVERSITY OF ILLINOIS EXTENSION
SERVING CLARK, CRAWFORD,
& EDGAR COUNTIES

I ILLINOIS

Extension

COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES



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From the Director	2
Unit Statistics	3
Agriculture & Natural Resources	4
Nutrition & Wellness	6
Community & Economic Development	10
4-H Youth Development	12
Unit Photos	17
Unit Highlights	18
Promotion Highlights	20
Unit Photos	22
Staff Directory	23
Extension Council	23



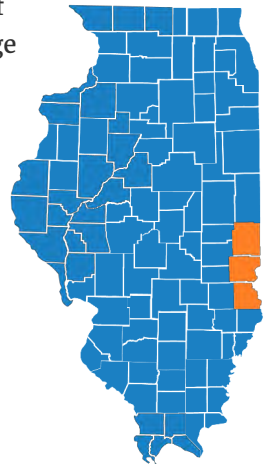
A Note from the Director

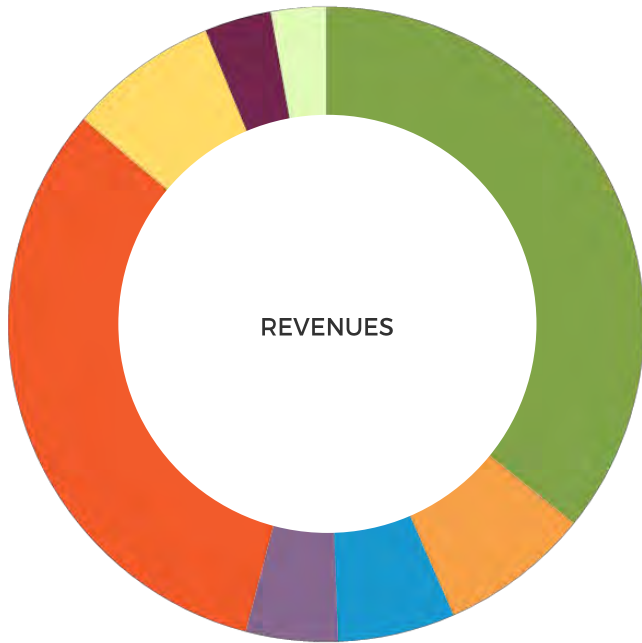
We are excited to share this report highlighting University of Illinois Extension programming in Clark, Crawford and Edgar counties during 2017. Our educators, program delivery staff, and support staff work diligently to make a difference in the communities in which we live and work. We continue to focus our efforts on workforce readiness with youth and adult audiences, living a healthy lifestyle, growing and accessing a safe and adequate food supply, and positive youth development through our school, community, and 4-H programming.

The impact our programs have in our communities is a direct result of the individuals, both staff and volunteers, who implement quality educational experiences. University of Illinois Extension collaborates with organizations and businesses with complementary missions and goals. These collaborations allow for better use of limited resources to extend knowledge and change lives.

We hope this impact report demonstrates who we are and why we matter in our communities. Please feel free to contact me or any other unit staff member with questions or to learn about opportunities to volunteer or support our efforts.

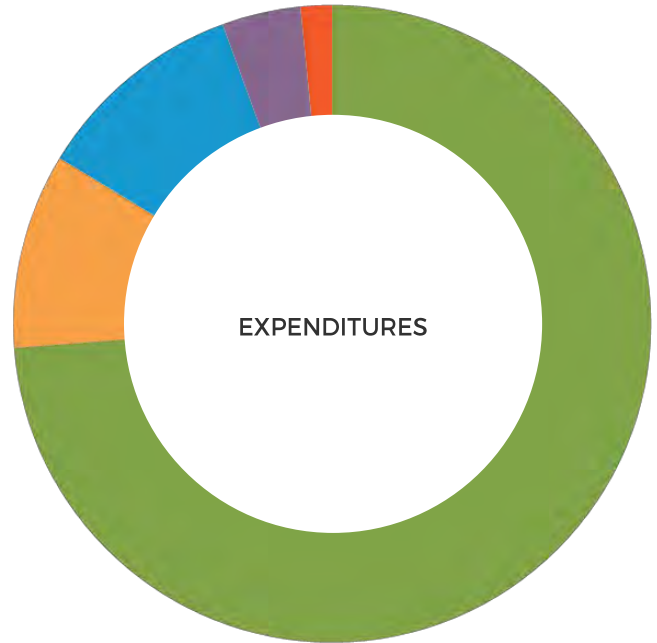
Sincerely,
Stacy Woodyard
County Extension Director





- \$268,600 Local—County Board Funds
- \$57,500 Local—4-H Foundations/Federation
- \$44,788 Local—Other Matchable Donations
- \$35,000 Local—Program Fees & Publication Sales
- \$241,077 State—Matching Funds*
- \$57,228 State—U of I General Revenue Funds
- \$25,465 State—Youth Development Funds
- \$21,000 Federal—Smith-Lever Funds

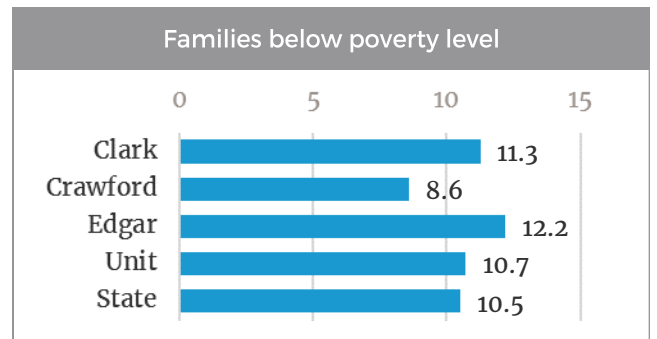
* Funds never received



- \$553,872 Personnel
- \$74,374 Overhead
- \$80,500 Programming
- \$30,000 Travel
- \$11,912 Other

County	Population
Clark County, IL	16,159
Crawford County, IL	19,541
Edgar County, IL	17,992
Unit	53,692
State of Illinois	12,873,761

Facebook Page	New Page Likes	Facebook Posts
Unit	40	194
Clark County	59	163
Crawford County	84	242
Edgar County	78	324
Master Gardeners	14	183
	275	1,106



Data for 25 years or older	No high school degree	High school graduate	Associate's degree	Bachelor's degree or higher
Clark County	9.8%	90.2%	11.3%	18.1%
Crawford County	11%	89%	14.7%	18.8%
Edgar County	12.5%	87.5%	9.6%	18.1%
Unit	11.2%	88.8%	12%	18.3%
State	12.1%	87.9%	7.7%	32.3%



Master Gardener Tammi Hess educates her Girl Scout Troop by bringing them into the garden.



Edgar County Master Gardeners at the April in Paris Gardening Seminar.

Garden Seminars Prove to be Popular
Illinois Extension hosted two garden seminars in 2017 with nearly 350 attendees. Held in January, and sponsored by the Crawford County Master Gardeners, the Winter Day in the Garden was hosted at Lincoln Trail College in Robinson. With topics such as Bee Keeping 101, Gravel Gardens, and Fruit Bearing Plants, guests were treated to the expertise of Extension Educators, along with botanical garden employees and private nursery owners.

April in Paris was hosted by Edgar County Master Gardeners featuring keynote speaker Mac Condill, owner of The Great Pumpkin Patch in Arthur. Other speakers included two Extension Educators teaching the audience about garden photography and garden variety.

Master Gardener



294
Volunteers



18,000
Volunteer Hours Reported



15,123
Continuing Education Hours



I Think Green Butterfly Program

The I Think Green program teaches youth how living things interact with each other and their environment. Held every Monday, April through May in 2017, the Edgar County Master Gardener volunteers went to the 4th grade classrooms in Paris each week for approximately 50 minutes. Volunteers Liz Gough, Nancy Hansel, Mike Sekerek, Kate Morecraft, Tammy Hess, and Ron George taught the lifecycle of the butterfly. At the last class, the students released their butterflies. Students also took part in many hands-on learning activities, and learned the different species of butterflies.

Master Gardener Shows Dedication

Jan Phipps of Edgar County shows her commitment to horticulture education by writing a monthly column for the Prairie Press Newspaper, the Illinois Farm Bureau Partners Magazine, and the Unit Extension Website. Just one more example of Extension in the community.



Horticulture Programs Reach Out Into The Community



130

Participants in the April in Paris Gardening half-day Seminar



212

Participants in the Winter Day in the Garden full-day Seminar



62

Participants in 10 Horticulture-related webinars



175

Participants in the Unit-Wide Plant Sale



30

Participants in the Unit-Wide Ag Expo

EXTENSION COLLABORATION IN THE COMMUNITY

Bee Well of Edgar County is a grassroots coalition focusing on the health and wellness of Edgar County Residents, and Illinois Extension is a member. Extension Educator Mary Liz Wright regularly uses Extension material at community events. The Master Gardeners use the Bee Well Community Gardens for volunteer hours and for sharing advice and demonstrating proper gardening techniques.



Master Gardeners with their demonstration plots at one of the community gardens.

Bee Well Highlights

- Free viewing of the movie “Fed Up” at the local theater. Participants were provided family meal recipes and tips on shopping for healthy food. A local grocery store provided healthy snacks and the Bee Well coalition sent over 40 families home with a Healthy Tips calendar.
- Bee Well Community Gardens: Three teaching garden sites in Paris, Hume and Kansas offering 10x20 plots to anyone wanting to learn how to raise their own food. Gardeners are offered food safety information, recipes, and food preservation information, via in-person workshops and emails. Illinois Master Gardeners offer gardening techniques and information. The gardens were featured in the Illinois Agri-News statewide newspaper.
- Family Fun Runs: weekly “runs” held at a local park for families to enjoy exercise and receive wellness tips.
- Bee Well was represented at various community events, e.g. school open house, county fair, festivals, sharing wellness information with attendees.
- Future project: Bee Well Special: coalition members, along with local restaurants will select various menu items to be declared “Bee Well Specials” indicated by the Bee Well logo sticker to encourage people to make healthier choices while dining out.
- Weekly wellness tips posted on the Bee Well Facebook page, averaging over 500 “likes” each.
- Bee Well was recently interviewed by an Indiana television station about the coalition and how it is building a culture of health in Edgar County.
- According to a recent newspaper article, a local farmer has added direct sale vegetables to his crop plan in answer to “Edgar County is in a fit frenzy with Bee Well.”



Sugar Less Wednesdays

The Bee Well Coalition has embarked on a Social Media campaign to share timely tips with Facebook followers. Members post weekly on various subjects, e.g. Move Monday, Try it Tuesday, Sugar Less Wednesday, Thirsty Thursday, Fruit and Veggies Friday. Nutrition and Wellness educator Mary Liz Wright posts tips and information about consuming less sugar on Wednesdays. The Sugar Less Wednesday posts average over 200 “likes” per week. The feedback has been encouraging with readers commenting on how helpful the posts have been.

“I am ordering water when I go out to eat; I am trying to drink water throughout the day.”

A local businessman at a community gathering said, “I really like the videos and articles you post on FaceBook--I read them all. Keep them coming!”

“What’s Cooking with Mary Liz Wright”

This series of “how to” videos continues to be a popular source of information for Facebook viewers. The YouTube videos have been seen by over 450,000 viewers with comments such as:

“...Thank you.... I have to go to a UNIVERSITY video to see how to use a crock pot. All the other videos on YouTube are about catchy titles or literally everything except how to actually use the crock pot.”

“I rely on the University Extension for good safe instructional videos...Thanks....”

“Concise, simple and to the point. No needless chatter! Refreshing alternative to poorly made, egocentric videos that dominate the web. Thank you.”

Be Smart, Eat Well, Get Healthy

Nutrition and Wellness Educator, Mary Liz Wright, submits bimonthly blog posts to the Unit’s webpage. She covers seasonal topics, nutrition tips, topics in the news, food safety and food preservation. Her blog, Be Smart, Eat Well, Get Healthy averages over 200 hits per entry.



I like your Sugar Less Wednesday posts—I know what I should be doing but it helps to see it in writing.
FARMER ATTENDING COMMUNITY EVENT

Motivational Mondays

Motivational Monday is the Family and Consumer Science Educator team’s weekly eNewsletter. Wright wrote the entries for January and October in 2017. This publication is sent electronically to all Illinois Extension staff every Monday. Some comments about Wright’s articles are:

“Just a quick note of thanks for the wonderful job you do with the Motivational Monday’s. Today’s was spot on and what I was looking for as I turn over to a new year and the internal desire to become healthier this year. The simple suggestions are quite doable and an excellent reminder of the simple things one can do to get started off in the right direction. BTW...your videos are outstanding and are so understandable and easy to follow...I am thinking about making some roasted root vegetables tonight for lunches and dinners the rest of the week.”

“Motivational Mondays have been very helpful and I am really glad that I signed up. But I want to say this one is my favorite. I love the idea of “SMART.” Just a great way to set attainable goals.”

“LOVED the ways to cut 100 calories! Well done!”

Bathroom Buzz

The Family and Consumer Science team's monthly wellness newsletter, Bathroom Buzz, is now being shared to all North American Lighting facilities throughout the world!

-Shared by Ethan Garcia, HR at NAL

The FCS monthly publication sheet, "Bathroom Buzz" is now being sent home in the backpacks of each local elementary school student!

This monthly publication is shared with community leaders, school administrators, and program participants from all over the state!



Food Service Professionals Workshops

Nutrition and Wellness Educator Mary Liz Wright has partnered with the Regional Office of Education # 11 to offer continuing education to area school food service staff. Illinois Extension educators have collaborated to create curriculum to satisfy the USDA requirements for school food service staff. Participant evaluations indicate that 99% of the food service professionals felt the course met the objectives aligned with the Healthy, Hunger-Free Kids Act and 97% intend to make a change directly related to what they learned.

Several of the schools have seen improvements in school lunch participation as a result of new methods learned at the workshops.

For example, “The food service staff from Okaw Valley School in Bethany Illinois, recently implemented a new option of a “Grab and Go” reimbursable lunch. The lunch count has increased by 20-30 students everyday! The students love the fact that they do not have to stand in line!”

Paris Community Hospital

Paris Community Hospital employees have committed to improving their health. Now in its second year, the “Wellness Bonanza” is helping to improve the health of the 187 voluntary participants. One component of the program involves educational opportunities provided by the University of Illinois Extension.

Extension programs are delivered to each shift of employees on various topics such as: 5 Ingredient Recipes, Grocery Shopping on a Budget, Eating to Reduce the Risk of Diabetes, and Label Reading. When responding to a survey at the completion of a session, 100% indicated they had gained knowledge and awareness of ways they could change to improve their health.



the ABCs of school nutrition



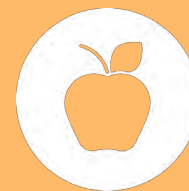
Making Illinois Schools Healthier...
One Success at a Time!



Crestwood School, CUSD #4 (11-023-0040-26-10525) Paris, increased student participation in the 2016-2017 school year!
Crestwood is a preschool-8th grade district with approximately 500 students. By implementing Smarter Lunchroom tips and techniques the staff at Crestwood increased the lunch count significantly.
Lunch count: 2015-2016 26,117. 2016-2017 29,473.

This material funded by USDA's Supplemental Nutrition Assistance Program—SNAP and the Illinois State Board of Education.
University of Illinois * United States Department of Agriculture * Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in funding and employment.



Crestwood School, CUSD #4, Paris increased student participation significantly by implementing methods learned from Mary Liz Wright, Illinois Extension Nutrition and Wellness Educator.



I have been drinking a lot of milk.

I drank water instead of pop.

There were cookies on the table and some fruit, and I picked the fruit because it is a healthy food.

TYPICAL RESPONSES FROM STUDENTS AFTER PARTICIPATING IN THE ORGANWISE GUYS® PROGRAM



Impact of the OrganWise Guys® monthly classroom programs



57%

Students choosing more healthful meals or snacks



43%

Students reporting being more physically active



85%

Teachers reporting they are eating more fruits and vegetables themselves



57%

Students reporting they are drinking more water



71%

Teachers reporting they are more aware of the importance of a healthful diet

Illinois Extension was a presence at the Senior Expo, held in January 2017, where participants visited booths on areas of interest.





Clark, Crawford & Edgar Counties SNAP-Ed

The healthy choice isn't always the easy choice, especially on a limited budget. Illinois Nutrition Education Programs (INEP) staff provide practical tips to help limited-resource families prepare healthy meals, learn basic nutrition and food safety, and learn food budgeting, all during interactive classes provided free of charge.

INEP staff work with a variety of community organizations to achieve this goal, including local health departments, food pantries, WIC clinics, Head Start preschool sites, senior citizen centers, Family Community Resource Centers, eligible schools, grocery stores, and community centers.

For Kindergarten through 2nd grade students in eligible schools, the **OrganWise Guys®** program teaches healthier lifestyles through monthly nutrition-based lessons. Preschoolers also learn healthy habits through the **Color Me Healthy** curriculum where food choices and physical activity are emphasized.

As a result of the teaching of SNAP-Ed Community Workers Kim Trine and Hope Dennis, teachers were able to report students had improved water intake, chose to play/exercise more to build muscle, and improved their healthy eating behaviors. Specifically, 100% responded their students seem more aware of the importance of having a healthful diet. Teachers also report making changes in their classrooms to promote healthier choices such as giving students more physical activity breaks.



37 Total Sites
570 Total Visits
7,291 Total Direct Contacts
14,280 Total Indirect Contacts
21,571 Total Contacts



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-Education)

SNAP-Education works with limited-resource audiences to make healthier choices where they eat, shop, live, play and learn in their communities. Through classes and workshops, and by working towards policy, systems, and environmental changes, SNAP-Education positively impacts the nutrition and activity choices of people and communities we serve.

Serving Local Residents



1,478
Total SNAP-Ed Participants



126 (9%)
Adults



1,352 (91%)
Youth



23 (2%)
Participants Who Identified as Hispanic

RACE OF PARTICIPANTS

- 95% White (1,404)
- 3% Black (45)
- 2% American Indian or Alaska Native, Asian, or Native Hawaiian or Pacific Islander (29)

Our Partners



8
K-12 Schools



8
Community Centers



7
Youth Centers



9
Early Childhood Centers



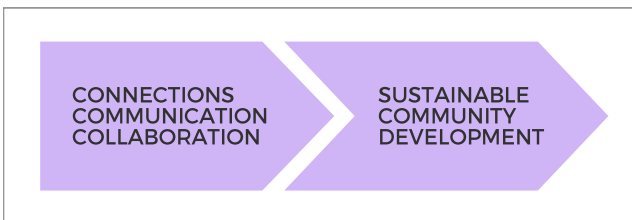
6
Food Pantries and Food Banks



The winning team - Marshall 7th Grade
iCreate: Make a Social Impact!
Shark Tank Competition December 2017

iDream–iCreate Program Development

2017 was a significant year for the iDream – iCreate Program. The year kicked off with an educational presentation and activity at the Marshall Chamber of Commerce Annual Dinner with approximately 150 community leaders in attendance. At the end of the program, Extension Educator Tiffany Macke solicited volunteers interested in facilitating this vision for the Marshall School system. Three community leaders came forward, and as a result of that “call to action”, the Marshall Dream Team was formed. The Dream Team is the group of community leaders helping to implement the program in their schools using a “train the trainer” concept. Macke facilitates the team as they design and pilot 13 grade-level lesson plans for K-12 in the Marshall School system for 2017–2018.



In 2017, CED Educator Tiffany Macke facilitated development and redevelopment of three organizations at the community, county, and regional level. She helped the community of Marshall put their vision of creating a community endowment fund into action. Planning meetings were held, education and awareness media campaigns were created, and an education “kick-off” event was held. As a result, Marshall now has an active community endowment fund seeded at over \$10,000.

On the county level, Macke assisted the Clark County Development Organization with reorganization after being dormant for several years. Planning meetings were held and newly elected local government officials were educated. As a result, this county organization is meeting regularly with new members, and the local government officials have a better understanding of everyone’s role in community development.

On the regional level, as acting President of the East Central Economic Development Corporation—an 11-county regional economic development organization—Macke facilitated the reorganization of working committees and membership, and managed the process of hiring a new executive director. Because of these efforts, the organization now has active working committees, every board member is on a committee and the position of executive director is filled with a highly qualified candidate.





Members of 100 Women Who Care.

100 Women Who Care

As CED Extension Educator, Tiffany Macke introduced a new model of sustainable funding to community leaders, planned and organized implementation, and continues to facilitate quarterly meetings in collaboration with the Marshall Chamber.

In 2017, the group contributed over \$16,000 back into Marshall community organizations. Over \$3,000 was given to the new Marshall Community Endowment Fund to help “seed” the start-up funding.



Marshall High School Senior Meredith Brown helped pilot the new 12th Grade iDream activity - Vision Boards!

K-12 iDream - iCreate activities in Pilot

10 Dream Team members recruited

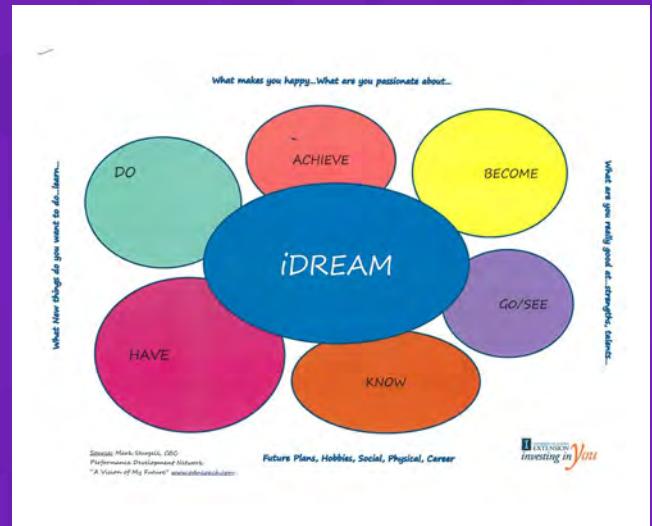
100+ Hours Donated

\$2,000 Back to the Community



Local, County, Regional, & State CED Partners

- › Marshall Chamber of Commerce
- › Marshall School District
- › Casey/Westfield School District
- › Crawford County Creating Entrepreneurial Opportunities (CEO) Program
- › East Central Development Corporation (EDIDC) serving Clark, Crawford and Edgar Counties
- › Marshall Area Youth Network
- › Marshall Leadership Team
- › Crawford County School Systems
- › Paris School System
- › Bi-County Youth Leadership Program (Clark & Edgar)
- › AgEd Department, University of Illinois
- › Clark County Tourism Team
- › Paris Area Brainpower Team
- › Department of Urban Planning, University of Illinois
- › City of Paris
- › Palestine Improvement Committee
- › Marshall High School Vocational Advisory Team
- › Martinsville School District
- › Marshall Public Library
- › United Way of the Wabash Valley
- › Local Workforce Investment Board #23
- › Nutrition Department, University of Illinois
- › ACES Family Academies, University of Illinois
- › Casey Rotary
- › Lawrence County Creating Entrepreneurial Opportunities (CEO) Program
- › Eastern Illinois Education for Employment System





The 4-H Program is Preparing Youth to be Tomorrow's Leaders

4-H primes youth for future success in their lives, their career choices, and their communities. Here are some ways Clark, Crawford & Edgar counties are accomplishing this goal:

- ▶ Thirty-seven 4-H members received training at the Unit Club Officer Party on being an effective club officer. 4-H meetings give 4-H members valuable experience in parliamentary procedure and conducting a business meeting.
- ▶ 4-H is about learning new things and experiencing new people and places! Over 65 4-H members and family members participated in the unit-wide 4-H ski Trip. Over 20 4-H Federation and Jr. Leaders attended the unit "Discover St. Louis" trip this summer and learned new things about this vibrant town. Edgar County 4-H sponsored a trip to Fair Oaks Dairy Farm where over 50 4-H members and family members were fascinated by the technology and science used at this large dairy and swine farm.
- ▶ Mastering skills is an important component of the 4-H program and several of our 4-H members rose to the best of the best in 4-H competitions. Trent Finchum and Jacob Maschino represented Edgar County 4-H in the National Shooting Sports competition, bringing home 2nd place in trap. Clark County 4-H member, Thomas Crome was selected for the Illinois 4-H Livestock Judging Team which claimed the Reserve Championship at the national competition.
- ▶ What is the only thing feared more than death....some say it is speaking before a crowd! Every 4-H member gains valuable public speaking experience by giving a talk or demonstration to their local club. An additional 15 4-H members participated in the Public Presentation Contest, a county-wide event. A group of Clark County 4-H members spoke to the County Board during National 4-H Week to express appreciation of their continued support of the 4-H program. All of these experiences help youth gain confidence in speaking in public settings.
- ▶ How do we build future leaders? One way is to provide 4-H members the opportunity to see government in action. Twelve 4-H members from the three counties participated in our unit-wide 4-H "Youth to Springfield" trip. The 4-H members learned about state government while visiting state officials at the Illinois State Capitol and hearing first-hand about the rewards and challenges of working in state government.

4-H has taught me to lead instead of follow, be responsible in making decisions, dedicate myself in all things that I do, and be patient and kind with others.

**MADOLYN WILHOIT,
CLARK COUNTY**



THANK YOU 4-H

Thank you 4-H for helping me to find my major and future career! I'm excited to continue my education at the University of Illinois at Urbana-Champaign. Oh, and thanks for all the memories!



Name MaryAnn Catt
County Crawford AGE 18
Club Prairie Pals



3,060 Youth Reached
769 Club Members
2,291 Program Participants



4-H Clubs
26 Multi-Project Clubs
13 Special Interest Clubs
6 Cloverbud Clubs



4-H Volunteers
395 Adult
290 Program
182 Youth
66 Multi-Project Club
34 Special Interest Club



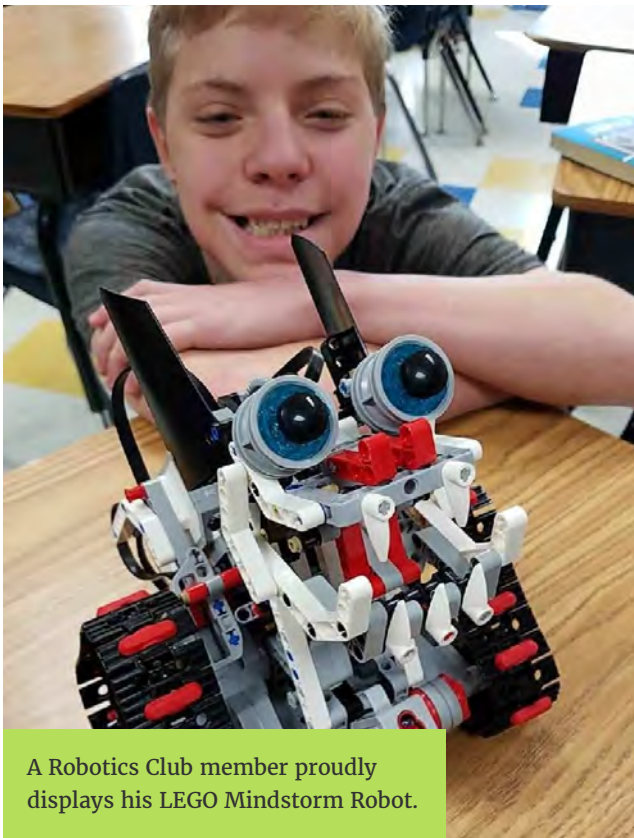



Crawford County 4-H Robotics Club Learns the Ropes and Teaches Peers

The 4-H Robotics SPIN Club, located in Oblong, can be a launching pad for students to realize their passion. A strong robotics curriculum can create leaders, teach essential teamwork skills, and teach students how to communicate across different technology platforms. Rick Nethery, 4-H Robotics Leader, said, "It is amazing to watch students' passions grow in subjects they never knew they would enjoy."

Increased attendance, higher grades, a sense of belonging, fewer behavioral problems, and an increase in positive attitudes toward school and homework are just some of the noticeable benefits of participation in the program. The Robotics SPIN Club presents annually during Science Safari, a science-based program for area seventh graders. This informative, hands-on program gets kids excited about science through exposure to the many elements science has to offer, encouraging students to explore careers in the field.

As presenters during Science Safari, students brought their laptop computers and LEGO Mindstorm robots. Club members taught their same-age peers how to code on a computer and make the robots work. They used public speaking skills, learned to listen and relate to others, expressed themselves, and participated in a community activity.



A Robotics Club member proudly displays his LEGO Mindstorm Robot.

**4-H is so great in all aspects...my projects and experiences have taught me responsibility, leadership, respect and so much more. I LOVE THIS PROGRAM!
SARA, CLARK COUNTY**



4-H Members Hit the Mark in Edgar County Shooting Sports Program

"Jacob Maschino, the youngest competitor at the Illinois 4-H State Shotgun Shoot, missed one shot all day; one shot out of 100, and it came in the very first round. After that, he was perfect," reports Judy Mae Bingman, Illinois 4-H Media & Communications Specialist.

Competing at the 4-H Shooting Sports National Championships was a once-in-a-lifetime-experience for Edgar County members Trent Finchum and Jacob Maschino. Maschino, who at age 14 went to the Illinois 4-H state competition held in Bunker Hill and won first place, earned a spot on the state team. Finchum placed third overall to earn his spot on the state team going to the Nationals at Grand Island, Nebraska in June. Both 4-H members have been members of the Edgar County Shooting Sports program for the past 3 years.

"We are very excited for these young men. They worked hard, practiced hard and it paid off," said Chris Milam, Edgar County Shooting Sports Coordinator. Their hard work did indeed pay off. As members of the four-man shotgun team representing Illinois at the national competition, Illinois came home with a 2nd place victory in trap.

Edgar County has had members on the Illinois shotgun team in both 2016 and 2017. This success is due to a well-run local program. Milam, who has been coordinator since 2012, puts his passion for shooting sports to work for the benefit of 4-H youth. Milam leads a team of dedicated volunteers that provide Shotgun, Air Rifle/.22 Rifle and Archery disciplines to 4-H members. The Edgar County Shooting Sports program has seen tremendous growth over the last 5 years, and had 48 members enrolled in the 2017 program.



4-H in the Classroom Makes a Difference to Students with Special Needs in Edgar County

In its sixth year, the “learn by doing” model of 4-H has been provided to the 3rd through 5th grade students at The Treatment and Learning Center (TLC) in Kansas, Illinois. TLC is an educational facility with Eastern Illinois Area of Special Education (EIASE). In 2012, 4-H in the Classroom began with an invitation from classroom aide and former 4-H parent, Sarah Penczek, to come into the classroom and provide a fun, learning experience for her students.

The students at TLC have special academic and behavioral needs, and 4-H is a great fit for them. By bringing 4-H to them in their classroom they are being impacted by the positive youth development that is 4-H.

I love science! It makes me happy having someone come into our class and do experiments with us. Electricity was the best 4-H day yet. I liked it a lot!
DAKOTA, FOURTH GRADE STUDENT

Students have built rockets and had a launch day, learned about electricity and how to build a circuit, enjoyed fun with physics, and created fine arts projects. They have even learned cake-decorating skills and put them to the test.

4-H Parent Mindy Mood, who volunteers to work with these students in the classroom, has seen the results of this program first hand. “It makes my day



to enter the classroom and feel the excitement from the students because it’s 4-H Day!” Mood, who has been volunteering for the past 5 years with the program says, “I know what 4-H in the Classroom brings to these underserved youth...an opportunity to learn lifelong skills. 4-H builds confidence and leadership skills as we provide ‘hands on’ learning experiences for them.”

Edgar County Teachers Agree Conservation Day Is Valuable Experience

Over 200 students and faculty members from Edgar County schools converged upon the 4-H fairgrounds in Paris for an educational opportunity to learn and understand conservation in practical ways. The 5th grade students enjoyed a day of learning and fun in spite of the inclement weather. One 5th grade teacher responded that “Conservation Day explains the impact that taking care of our environment can have on their lives and future generations.”

The students visited various stations that presented information about agriculture, beekeeping, conserving energy, watersheds, weather, and aquatics. The highlight of the day was a raptor program by the Indiana Department of Natural Resources from Hardy Lake in Scottsburg, IN. Another popular session was provided by WTHI weatherman Chris Piper, who is a native of Edgar County.

This was a first for the University of Illinois and the Edgar County Farm Bureau to partner together to organize the event. Several agencies such as Enerstar Electric Cooperative, Illinois Department of Natural Resources, Soil and Water Conservation District, Natural Resources Conservation Service, and Farm Service Agency worked with 4-H Program Coordinator Cheryl Funkhouser and Farm Bureau manager Joe Melisi to make this event a great success. The Interact Club from Paris High School provided student helpers for the day. One of these students, Emily Hall, helped with the Predator and Prey game session. Emily, an 8 year member of Ft. Sumpter 4-H Club, shared with the students how 4-H has positively impacted her life. Another 5th grade teacher shared, “The students were able to write about many new things that they didn’t know about in their journals. That makes a successful day!”



SPIN Clubs (SPecial Interest Clubs) of Clark County

Offering opportunities for youth that cannot be gained through a traditional 4-H Club, SPIN Clubs offer flexibility for busy families and a variety of interests for youth ages 8-18.



153 youth participated and 32 adults volunteered in SPIN Clubs in Clark County in 2017.

4-H JAZZ BAND

Only 4-H jazz band in the state—consisting of 16 youth and 2 adult volunteers, these musicians range in age from 8th grade through high school. This group performed at the Illinois State Fair on Family Day to an audience of 1,000. They also performed during the St. Jude Trail Ride, Agronomy Night, an Antique Tractor Club meeting, and made multiple nursing home presentations. These 4-H members learn new skills and techniques by playing a variety of music, gain confidence by performing for large crowds, improve their leadership skills and learn about music as a career.

DOG OBEDIENCE & AGILITY CLUB

Consisting of 12 youth and 2 adult volunteers, this group met once a week for 10 weeks with their favorite canine and learned the skills of training their dog. At the end of the course, youth were encouraged to continue the agility training (over bridges, around poles, through hoops, etc.) for an additional six weeks. These 4-H members learned life skills, patience, and mastery of their project.



The 4-H Jazz Band performing at the Illinois State Fair.

4-H Shooting Sports is cathartic! It gives me the ability to teach as well as grow my own skill in the area of marksmanship.
GABE, CLARK COUNTY

HORSE CLUB

Serving 30 youth with 8 adult volunteers, this group regularly learned new skills and team building along with compassion for animals. In 2017, The Horse SPIN Club participated in the Horse Bowl & Hippology Contest, in Horse Judging, and attended various educational adventures including the Kentucky Horse Park, racetracks, college visits, and veterinary clinics, learning the diversity in the horse industry.

LIVESTOCK JUDGING TEAM

Made up of 7 youth and 2 adult volunteers, this group met weekly for five months and studied conformation of animals (beef, swine, sheep & goats) and competed in four contests, receiving many placements in the top 5-10 as individuals and as a team. They consistently worked on communication skills, problem solving, and building relationships with youth across the state.

SHOOTING SPORTS

4-H Archery & Air Rifle—As the largest SPIN Club in Clark County, this group consisted of 65 youth and 15 adult volunteers. Broken down by beginners and more advanced, this group is taught by trained and certified instructors promoting safe and responsible use of firearms and archery equipment. As 4-H members, the youth gained confidence, good sportsmanship, self-responsibility, discipline and decision making.

TRACTOR CLUB

Another large group, consisting of 23 youth and 3 adults, this SPIN club toured multiple agriculture-related businesses and invited speakers on first aid, equipment safety, and chemical safety. Caring volunteers offered a wide variety of interest, promoted safety around the farm, and promoted the agri-business industry, encouraging youth to continue their education through the College of Agriculture, Consumer, and Environmental Sciences at the University of Illinois.



MASTER GARDENER SEMINARS

Community members look forward to the annual gardening seminars hosted by the Illinois Master Gardeners. Crawford County's Winter Day in the Garden and Edgar County's April in Paris are two very popular educational programs.



4-H WEEK

During 4-H Week, clubs focus their efforts on advertising what 4-H has to offer and recruiting new members. Window displays are a popular way for clubs to show their peers and community how they are making a difference.



4-H FAIR

Considered by most members to be the culmination of the 4-H year, the 4-H fair boasts hundreds of projects in numerous areas. The fair allows members to experience one-on-one conference judging, a time to ask questions, show off what they have learned during the year, and reap the benefits of their hard work.



UNIT EVENTS GROW

Unit events like this "Discover St. Louis" field trip, help 4-H members in the three-county unit get to know one another and develop life-long friendships.





VOLUNTEERS MAKE A DIFFERENCE

University of Illinois Extension programs make a difference in our local communities - largely because local volunteers are involved in planning and delivering those programs!

ILLINOIS FOOD CHALLENGE

Members from Clark, Crawford and Edgar counties couldn't wait to show off their cooking skills during the Illinois Food Challenge, where teams of 4-H members had to create a dish within a given time frame using mystery ingredients. The crowd of parents and spectators enjoyed this event as well.



4-H GROWS HERE

Most of our 4-H families received a 4-H Grows Here sign to proudly display in their yards. The signs were purchased with a donation from our Illinois 4-H Project Partners and the Illinois 4-H Foundation.



PROGRAMMING FOR YOUTH

All three counties hosted regular educational workshops for youth. Some of the topics included cooking, cake decorating, visual arts, livestock judging, pet care, rocket building, and Santa's Workshop.



SANTA'S WORKSHOP
UNIVERSITY OF ILLINOIS EXTENSION

CRAFT SNACK GAMES

**Be Smart
Eat Well
Get Healthy**

Visit for nutrition tips, recipes & cooking videos!

ILLINOIS

4-H Horse & Pony Tack Auction
Sponsored by Clark County 4-H
Saturday, February 18, 2017
4:00 PM
Doors Open at 3:00 PM (LL Time)

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EAGLE THEATER'S NIGHT AT THE MOVIES
Crawford County 4-H
Wednesday, December

4-H ANIMAL NUTRITION CLINIC
For ALL Species of Livestock

WHO: JJet Rentals & Kalmbach Feeds are hosting an animal nutrition clinic for ALL livestock projects

4-H Enrollment Open House
Public - Hosted by Edgar County 4-H

Interested Going

Wednesday, January 10, 2017 at 4:30 PM - 6 PM
More than a year ago

Come enjoy a movie and help a great cause!

See ANY movie on December 20, bring this flyer to the box office, and 20% of your purchase of tickets and concessions will go to support Crawford County 4-H.

FOR SHOWTIMES, PLEASE VISIT

UNIVERSITY OF ILLINOIS EXTENSION

4-H Porkburger Drive Thru

Saturday, November 9
10:30 a.m. — 1:00 p.m.
Oblong Fairgrounds
\$5 a meal
\$8 for two porkburger meal
You don't even have to get out of your car!
PORKBURGER, CHIPS, and DRINK.

Interested in saving money, healthy eating and improving your community? Then join us at the Bee Well Community Garden Informational Meeting
Monday, February 27 5:30 PM
University of Illinois Extension, Edgar County
210 W. Washington St., Paris
Participation in the garden is FREE!
Contact University of Illinois Extension for more information or if a reasonable accommodation is needed—217-465-8585. University of Illinois Extension offers equal opportunities in employment & accommodations.

Clark Crawford Edgar
FOOD Challenge
IT'S OUR OWN VERSION OF "CHOPPED"

Thursday, March 2 6:30 pm
Clark County Extension Office

- Up to three teams may participate from each county. (First come, first serve registration)
- Teams should consist of 3 - 5 members. If younger members make up a team, one adult may serve as a member.
- Each team will be provided with ingredients that must be used in their recipe. There will

4-H BEEF CLINIC
SAT. MARCH 25, 2017
1:00 PM

Hosted by
Justin Lewis & Double J Simmentals
11474 N. Fox Rd, Marshall, IL 62441

We're Putting on a Brand MOOOO Face!

BRAND NEW DAIRY ADVENTURE COMING 2017

4-H FAMILY BUS TRIP

Saturday, March 11

Cost is \$5 per person and includes charter bus transportation and tickets to the Dairy and Pig Adventures. Lunch options: You may pack a lunch or pre-order a box lunch at time of registration for an additional cost. For more information, contact the Extension office at 465-9595.

WANTED
ALL 4-H FAMILIES INTERESTED IN RAISING & SHOWING BEEF

CLINIC TOPICS INCLUDE—

- Daily Care & Handling
- Feeding
- Grooming
- Showmanship

Justin is a 4-H Alumni and member of the U of I Livestock Judging Team. He has shown and judged across the country and wants to share his knowledge to help other youth get a start with their 4-H Beef projects. Come to learn and ask questions at this hands on clinic. Parents are encouraged to attend! Bring a chair.

Contact: U of I Extension, Clark Co.
Cartha Gustafson, 4-H Program Coordinator
cgustafs@illinois.edu or
217-826-5422 for more info.
RSVP by Mon. March 20

4-H AG OLYMPICS CONTEST!

Dust off your denims, strap on your work boots, flex your muscles and put together an Ag Olympics Team!

CLARK COUNTY 4-H IS HOSTING THE FIRST ANNUAL AG OLYMPICS CONTEST DURING THE MARTINSVILLE AG FAIR ON MONDAY, JUNE 12TH.

DATE, TIME, LOCATION: Monday, June 12th at 6:00 p.m. in the Grandstand of the Martinsville

Clark County 4-H FAMILY BUS TRIP

Saturday, March 11
 7:30 am – 6:00 pm
 (leave from Paris RP Lumber)
 Fair Oaks Farms, Fair Oaks, IN
 \$15 per participant



Register at the Clark Co. Extension office or pay online on the Clark Co. 4-H website.
<http://web.extension.illinois.edu/cce/clark4h/>

Are you wanting to enjoy your delicious homegrown tomatoes all year long? Join us for hands-on experience and more at YES! YOU CAN: PRESERVING PRACTICE SALSA & TOMATO PRODUCTS

Thursday, July 6 5:30—7:30 p.m. Cost is \$5
 University of Illinois Extension, Edgar County
 210 W. Washington St., Paris web.extension.illinois.edu/cce

Soil Testing Week—April 10—14

University of Illinois Extension, 210 W. Washington St., Paris
 Samples are \$10 each & will be analyzed for pH, Phosphorus, Potassium & organic matter. Results will be mailed directly to you.

Contact University of Illinois Extension for more information: 217-465-6585. University of Illinois Extension offers equal opportunities in employment & accommodations.

SATURDAY, MAY 6

8:00 - 10:30 a.m.
 U OF I EXTENSION
 CLARK COUNTY OFFICE
 1 mile south of Marshall on Route 1

Do you have too many irises and not enough strawberries? Are your houseplants falling off the shelf? Then dig up your irises, divide your houseplants, bake some yummy treats and bring them to the

Annual Plant & Bake Sale.

Anyone can buy! And anyone can sell seeds, flowers, garden plants or trees and baked goods! You set your own price. There is no charge, but we do appreciate donations to help cover our costs!

Just call University of Illinois Extension, Clark County at 217-826-5422 to reserve a space or for more information. Clark County Master Gardeners will be on hand to answer your



COOKING SCHOOL

Wednesday, June 14
 9:00 am - 2:00 pm
 Edgar County Extension Office
 210 W. Washington, Paris
 \$10 per participant

Open to all youth 4th grade and older
 Pre-register by June 7

Register online at web.extension.illinois.edu or call Edgar Co. Extension Office at 465-6585



CLARK CRAWFORD EDGAR discover **ST. LOUIS**

TUESDAY, JUNE 6

OPEN TO FEDERATION MEMBERS WHO HAVE ATTENDED AT LEAST ONE MEETING

COST - \$20

REGISTRATION DEADLINE - MAY 17

We will leave early am and arrive home mid-evening. Check out what we have planned!

- A tour of the Cardinal's Busch Stadium
- 1 Hour Riverboat Cruise
- Lunch at the St. Louis Spaghetti Factory



CLARK COUNTY 4-H SHOOTING SPORTS OPEN HOUSE

Tuesday, August 22, 2017 ~ 6:30 PM
 Clark Co. Extension Office



Introducing our 4-H Shooting Sports Program - Open to ANY youth 8-18! Come see what we have to offer, meet our certified instructors & SIGN UP!

Agromony Night

5:30 - Registration
 5:45 - 6:15 - Dinner

Program:
Unexpected in the Farm Family and Succession Planning
 - Dave Frisse, Ag law, Frisse and Brewster Law Offices
Cover Crops - News and Updates
 - Kris Reynolds, Natural Resource Conservationist, American Farmland Trust

January 31, 2017 5:30 pm - 8:00 pm U of I Extension 15493 N Hwy Marshall, I

Register by January 24th by calling 217-826-5422 or online web.extension.illinois.edu/cce. Cost is \$5 per person, payable at



JOIN US 4-H FAMILY SKATE NIGHT

Tuesday, October 24 6-8 p.m.

Open to 4-Hers, friends, & anyone interested in joining 4-H!

4-H Spring Fling Dance



New Member PARTY TONIGHT!!

2017 Clark County 4-H BBQ

FEATURING BBQ PORK AND BEEF

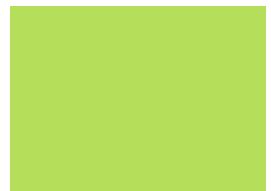
Saturday, September 9

11 am - 7 pm

Downtown Martinsville

Tickets: \$8 in Advance
 \$9 at the door
 \$4 for Children

Dine-In
 Carry Out
 Drive Through





**EXTENSION
COUNCIL 2017**



Stacy Woodyard
County Director



Jessie Crews
Educator, 4-H Youth
Development



Mary Liz Wright
Educator, Nutrition and
Wellness



Tiffany Macke
Educator, Community &
Economic Development

Stephen Bowyer
Edgar

Corrie Brinkerhoff
Edgar

Meggan Cash
Edgar



Cartha Gustafson
Coordinator, 4-H Youth
Development



April Knoblett
Coordinator, 4-H Youth
Development



Cheryl Funkhouser
Coordinator, 4-H Youth
Development



Darra Walker
Specialist, Promotion &
Publicity

Laura Collier
Crawford

Ron George
Edgar

Bev Goekler
Clark



Kim Trine
Community Worker,
SNAP-Ed (Jan-Aug)



Tammy Evans
Community Worker,
SNAP-Ed (Dec)



Hope Dennis
Community Worker,
SNAP-Ed



Rusty Nave
Coordinator, Ag & Natural
Resources (Jan-Aug)

Kim Macke
Clark

Lynn McCleave
Crawford

Linda Murphy
Edgar

Paula Padgett
Edgar



Summer Barna
Specialist, Office
Support



Rebecca Schiver
Associate, Office Support



Elizabeth Will
Associate, Office Support



Kim Trine
Coordinator, Ag & Natural
Resources (Sept-Dec)

Linda Ryan-Catt
Crawford

B.J. Titus
Clark

Cody Vaughn
Clark



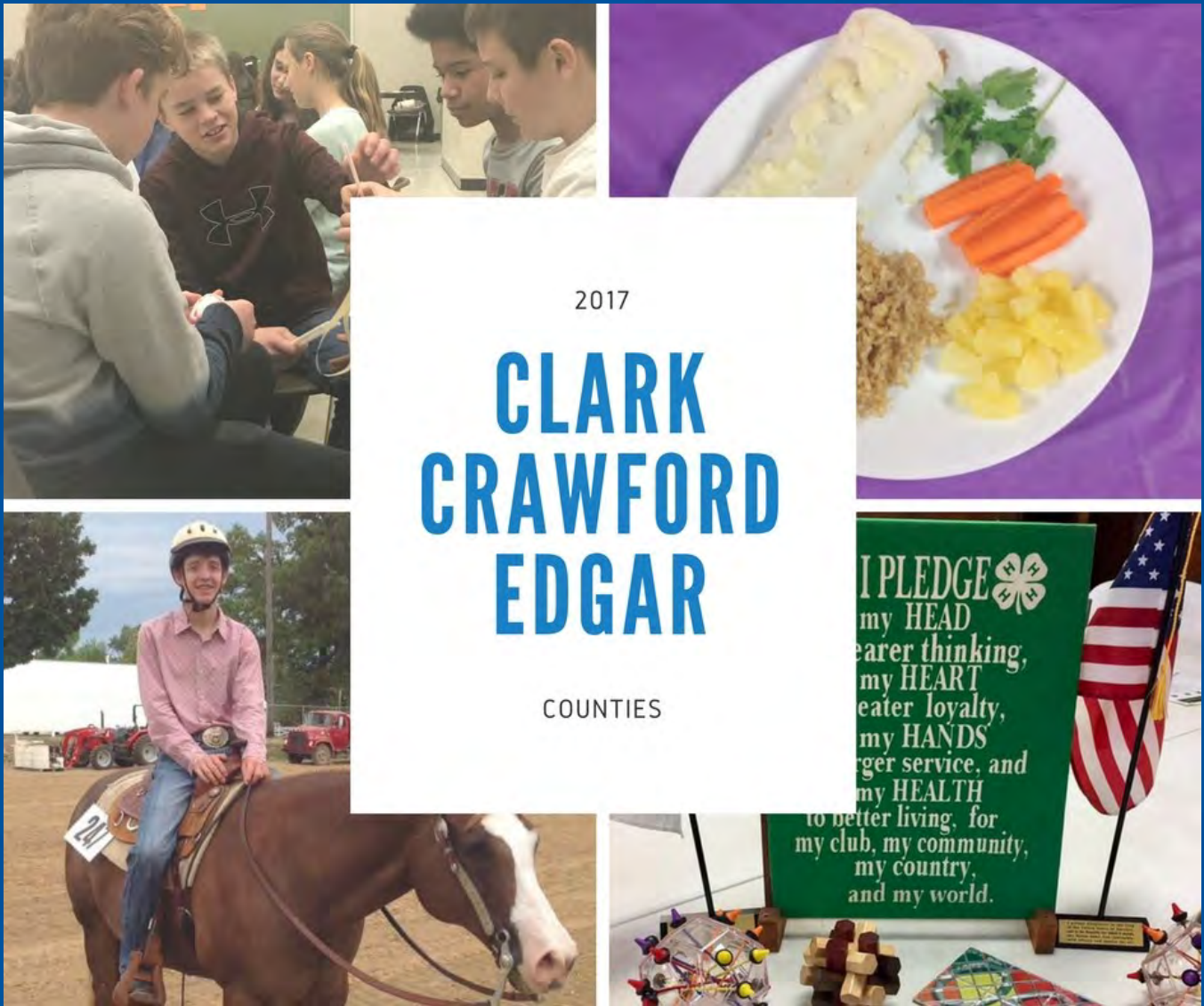
Jane Williams
Assistant, Office Support



Tiffany Cervantes
Assistant, Office Support

Barrett VonBehren
Crawford

Angela Zellers
Clark



2017

CLARK CRAWFORD EDGAR

COUNTIES



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ONLINE



[@ILExtensionCCE](https://twitter.com/ILExtensionCCE)



What's Cooking?
with Mary Liz Wright

I ILLINOIS

Extension

COLLEGE OF AGRICULTURAL, CONSUMER
& 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).

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