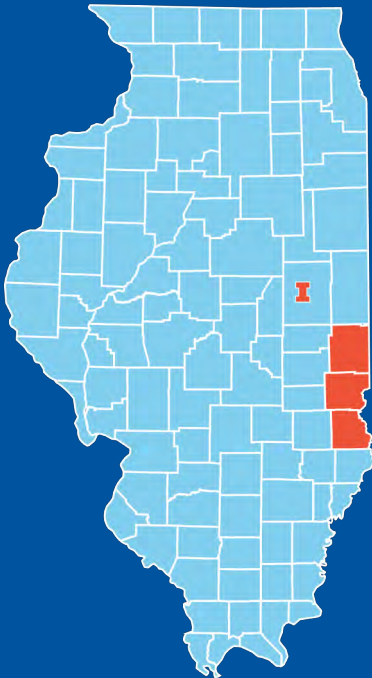




University of Illinois Extension provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future. Based in the College of Agricultural, Consumer and Environmental Sciences, Extension is the statewide outreach program of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



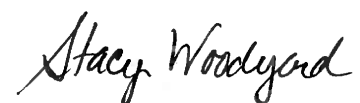
A Note from the County Director

We put forth our best effort in 2018 to make lives better, healthier, safer, and more prosperous for the individuals in our communities. We were especially pleased to host College of ACES Dean Kim Kidwell and Interim Associate Dean Shelly Nickols-Richardson as part of their quest to visit all of the Extension units in the state. Having support from campus in such a visible way reminds us of the positive local impact we make.

- ▶ This annual report details for you how we impacted our communities. Here are some 2018 highlights:
- ▶ The creation of a new position within the unit for a Commercial Agriculture Educator.
- ▶ Peer review of the iDREAM and iCREATE curricula.
- ▶ Four volunteers inducted into the Illinois 4-H Hall of Fame.
- ▶ Four Master Gardener award winners at state conference.
- ▶ Growth in our 4-H program, reaching 5,400 youth.
- ▶ Continued collaboration with organizations and businesses in our communities.
- ▶ Increased research-based education to people who struggle with chronic disease.
- ▶ The receipt of two grants awarded from the College of ACES Interdisciplinary Collaboration Extension Grants.

Illinois Extension can only meet the needs of our local clientele with support from campus and our communities, and we are fortunate to have both. We encourage you to become even more engaged with your local Extension office in 2019.

Stacy Woodyard, County Extension Director





Unit at-a-glance



18

Staff



413

Volunteers



120

Community Partners



500,000

Online Social Media & Website Reach



14,838

In-Person Education



150

Print News Releases & Newsletters

Facebook Reach

Unit Facebook Page

Number of Posts	121
Reach	22,726

Master Gardener Facebook Page

Number of Posts	42
Reach	2,271

Clark 4-H Facebook Page

Number of Posts	146
Reach	54,450

Crawford 4-H Facebook Page

Number of Posts	201
Reach	70,658

Edgar 4-H Facebook Page

Number of Posts	223
Reach	77,268



Clark, Crawford and Edgar Counties were ON TARGET in 2018. Hosting College of ACES Dean Kim Kidwell allowed us to share just some of the ways we are making a difference in our communities.

Financial Report

REVENUES	\$735,193
Federal	3%
State	41%
University	8%
Local Taxes	31%
Donations & Grants	16%
EXPENDITURES	\$735,193
Personnel	74%
Programming	11%
Equipment	3%
Overhead	8%
Travel	3%

County

Population

Clark County,	15,767
Crawford County	18,961
Edgar County	17,328
Unit	52,056
State of Illinois	12,741,080

SNAP Supplemental Nutrition Assistance Program

FEDERAL REVENUE	\$121,624
Personnel	74%
Programming	6%
Equipment/Supplies	4%
Travel	3%
Indirect Costs	13%



Helping Others Learn to Grow

2018 offered many opportunities for the Master Gardeners of Clark, Crawford and Edgar Counties to fulfill the mission of the Illinois Master Gardener Program, Helping Others Learn to Grow.

- ▶ **16th Annual Winter Day in the Garden:** More than 200 garden enthusiasts from southern and central Illinois and Indiana gathered to learn about Plants with Style, Cultivating A Rainbow, Pollinator Gardening, and Vegetables for the Landscape. The event was held in Crawford County.
- ▶ **April in Paris Garden Seminar:** More than 100 gardeners descended on Edgar County for inspirational talks on container gardening and companion vegetable gardening. The Edgar County Master Gardener group prepared a delightful breakfast and participants enjoyed shopping in preparation for the upcoming garden season.
- ▶ **I Think Green Butterfly Program:** The program was conducted in April with the 4th Graders at Crestwood School in Paris. Master Gardeners made weekly visits to the classrooms, teaching about butterflies and their life cycles as well as different species of butterflies. Students released their butterflies at the last class of the session.

Master Gardener and Master Naturalist Program Stats



23 Volunteers

985 Volunteer Hours

432 Continuing Education Hours

- ▶ **Conservation Day:** In April, Master Gardener volunteer Ginger Osborne and EPC Kim Trine worked with students to plant zinnias, nasturtiums, and sunflowers. Students took home the plantings and information about what they could do about helping with the declining pollinator population.
- ▶ **4-H Conservation Day:** Master Gardeners hosted nearly 200 fifth graders from Edgar County Schools and taught them about watersheds and good water practices. Students also learned about aquatics, conserving energy, pollinators, pests, recycling and weather. After leaving the program, students were equipped to better understand and take care of the earth. Most reported that they had some fun while learning!



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



Commercial Agriculture Educator, A New Position!

On February 1, 2018, the unit welcomed Jesse Soule as its first Commercial Agriculture Extension Educator in decades. The primary goal of the position is to develop and deliver research and educational programming that support Edgar, Clark and Crawford Counties.

Over the past year, Soule has been working to develop a solid foundation for effective research, programming, and collaborations with campus researchers, producers, and interested organizations.

2018 Program Highlights

- ▶ Market Outlook Event: Focused on the market forecast for commercial crops in the 2018 season.
- ▶ Future of Your Farm—Agricultural Transition & Estate Planning: This seminar explored financial, succession, and estate planning for agricultural producers and family operations.
- ▶ Agronomy Night: Speakers talked about drones in agriculture and nutrient loss management.



Students learned about farm safety from Commercial Agriculture Extension Educator Jesse Soule and Extension Program Coordinator Kim Trine at the annual Farm Safety Camp sponsored by the Edgar County Farm Bureau and Illinois Extension.



Clockwise from top left: Teresa Vrzina was presented the prestigious Sustained Excellence Award and Liz Gough, Mary Kay North and Tammy Hess all received the Outstanding Master Gardener Award at the State Master Gardener Conference.

Research and Grant Opportunities

The College of ACES developed and awarded Interdisciplinary Collaboration Extension Grants to seven projects, each of which was developed through collaborations between campus faculty and extension educators. Jesse Soule was on two of the awarded grants, both of which will have significant positive implications for agricultural producers in the unit and across the state. Congratulations, Jesse!

In the Field

In coordination with campus researchers, Jesse Soule has continued to identify pest & disease issues in the unit as part of the Illinois Pest Monitoring Network. This was accomplished by:

- ▶ Setting up a variety of pest traps in corn and soybean fields.
- ▶ Conducting western corn rootworm sampling in Edgar County.
- ▶ General field scouting for nutrient deficiencies, pest injury, and evidence of disease, contributing to statewide distribution maps.



CHRONIC DISEASE

Illinois Extension provides research-based education to people who struggle with chronic disease. Unit 20 participants enjoyed the four-part series, "I on Diabetes" held in Clark County. Participants indicated how valuable the hands-on meal preparation and practical information were; each reflecting on how they would use the information in their everyday lives to better manage their conditions.



HOME AND COMMUNITY EDUCATION

Home and Community Education (HCE) was organized in 1924 for the purpose of educating and enriching the lives of families. Unit 20 continues this longstanding tradition by offering lessons to HCE members. Program topics are chosen by HCE board members and then Family and Consumer Science educators develop the lessons. In 2018 new program titles were: No Waste Kitchen, Modern Food Trends, and What's New in the Kitchen?

BEE WELL COALITION

The Edgar County Wellness Coalition, Bee Well, continues to raise awareness for wellness and educate people about their health. Wellness tips are posted daily on the coalition's Facebook page.

2018 was a good year for the Kansas and Hume gardens. With funds provided by a generous grant from Elanco and land provided by Prospect Bank, the coalition is relocating the Paris community garden to a site closer to downtown to enable people of all abilities to learn how to garden. The new site will provide easy access for schools, businesses, and other interested groups to get involved with the garden.

Signs placed around Edgar County



SCHOOL WELLNESS AND GARDENS

Nutrition and Wellness Educator, Mary Liz Wright, provides essential USDA programming to local school food service staff. The Regional Office of Education #11 partners with Wright to provide regional trainings, and they indicate their staff gains pertinent knowledge to help them increase student lunch participation.

Wright, with fellow Nutrition and Wellness Educator Drusilla Banks, developed two lessons as part of the School Garden Webinar series for school staff and volunteers.



My kids are going crazy with those cookbooks!
FATHER OF ONE JUNIOR CHEF PARTICIPANT

Illinois Junior Chefs

Children ages 8-13 came together on Mondays in July to participate in the Illinois Junior Chef program at the Edgar County Extension Office. During the experience, the Junior Chefs earned their own measuring spoons, measuring cups, cutting board, and spatula to help them continue healthy cooking at home. Upon completion of the program, the Junior Chefs received certificates and cookbooks filled with the recipes they had prepared throughout the month, as well as additional healthy recipes.

I'm drinking less soda now and putting less sugar in my tea!
FEMALE PARTICIPANT THROUGH A SNAP-ED ACTIVITY STATION AT A FOOD PANTRY



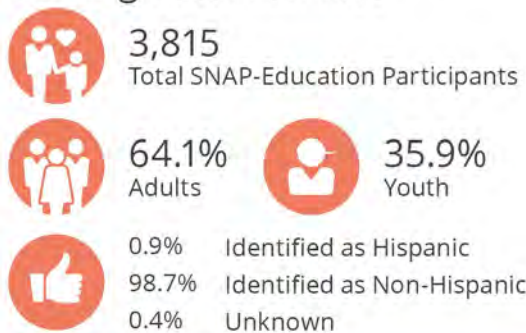
SNAP-Ed Community Worker Hope Dennis brings the OrganWise Guys® program to kindergarten through second graders, teaching them about healthier lifestyles.



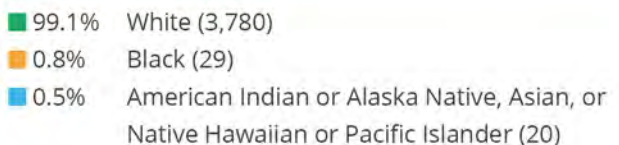
SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-EDUCATION)

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.

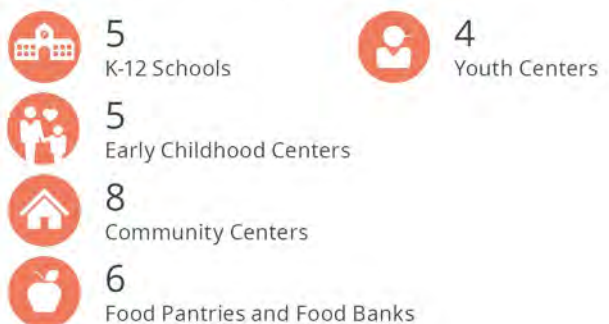
Serving Local Families

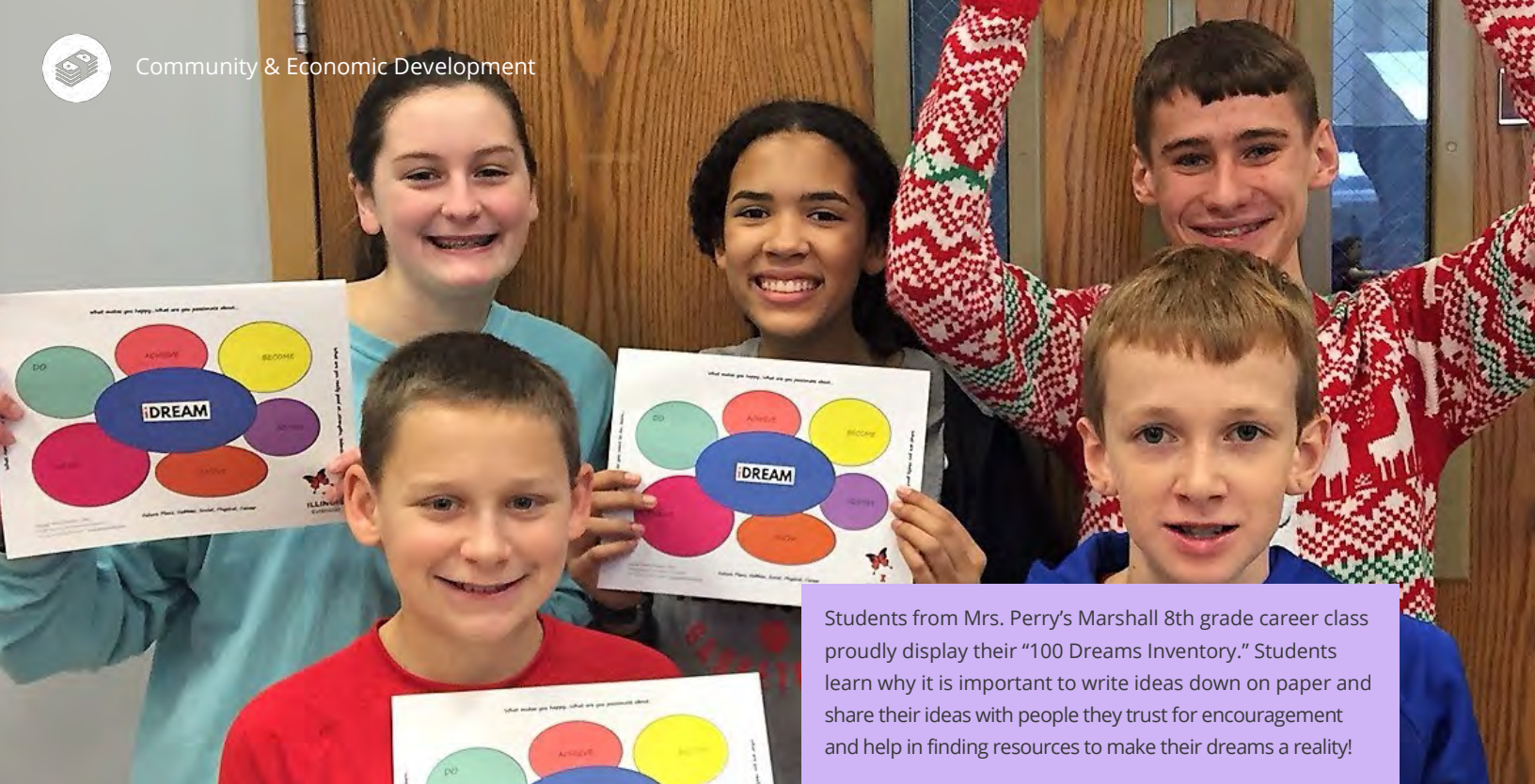


RACE OF PARTICIPANTS



Our Community Partners





Students from Mrs. Perry's Marshall 8th grade career class proudly display their "100 Dreams Inventory." Students learn why it is important to write ideas down on paper and share their ideas with people they trust for encouragement and help in finding resources to make their dreams a reality!

iDREAM and iCREATE Progress

This curriculum teaches K-12 students how to explore their interests and develop dreams. It was tweaked during its third year at the Marshall school system based on the first two years of programming.

The iDREAM and iCREATE curriculums were reviewed by four Community and Economic Development Educators as part of the internal peer review process.

The iDREAM and iCREATE projects made a debut as part of a "dreaming series" through the Wellbeing Center on the University of Illinois campus and plans are to expand this series in 2019.

The program continues to receive attention at the annual Midwest Community Development Institute, where community leaders participated in a session and could request more information for their communities. The staff of the College of Liberal Arts and Sciences also participated iDREAM and iCREATE sessions as part of employee development. Plans are to continue this in the future.

 **11**
Community Leaders

 **\$5,000**
In-Kind Donations

 **120**
Volunteer Hours

 **1,000**
Students Educated

The iDREAM and iCREATE programs are extremely valuable experiences for our students. The programs get our students thinking at a young age about what they want to do with their lives and continue that dialogue until they graduate. The programs are also a wonderful platform for our students to connect early and often with members of our community.

KEVIN ROSS,
MARSHALL SCHOOL SUPERINTENDENT

I liked being pushed out of my comfort zone to think about what I want to accomplish. I also liked that we shared and wrote down our dreams so we have that list to refer back to.

EMILY, 8TH GRADER AT MARSHALL JUNIOR HIGH SCHOOL



Essential Elements of the 4-H Experience

BELONGING

- › 4-H BBQ's
- › Skating Parties, Swim Parties, Family Fun Night
- › Public Speaking
- › Sidewalk Art/Window displays/Outdoor displays during 4-H Fair Week
- › 4-H Ski Trip
- › 4-H Carnivals
- › New Member Parties
- › 4-H Workshops and After School Funshops

INDEPENDENCE

- › Learning about local government
- › Flag folding ceremony and flag raising
- › Big Buddy mentors to younger youth
- › Visits to the Illinois State Capital
- › Team Building activities
- › Officer Training
- › Visiting elementary schools to teach about 4-H
- › Science Safari
- › Speaking at County Board Meetings

GENEROSITY

- › Make a Difference Day/National Day of Service
- › Painting trashcans at 4-H Fairgrounds
- › Cleaning headstones and grounds at cemeteries
- › Working at local food banks and collecting canned goods and hat/gloves
- › Collecting items for a Veteran's Home, Ronald McDonald House, and Shriner's Hospital
- › Planting pollinator plot for IDOT
- › Sending "thank you" candy to local service workers—fire, police, ambulance, etc.
- › Volunteering at local animal shelter
- › Sending cards and letters to shut-ins and veterans
- › Fairgrounds Clean-Up

MASTERY

- › Exhibiting at the 4-H fair
- › 4-H Achievement Night
- › Horse Honors Night
- › Exhibiting at Illinois State Fair
- › Cooking School
- › Food Challenge



Belonging

Independence

Generosity

Mastery

These pillars of 4-H were seen across our unit in 2018!





4-H has taught me many things, like leadership, friendship, accountability, how to be a role model, time management skills, and much more. These life skills will help me forever.

MALLORY PRICE, WILLOW CREEK 4-H CLUB



Clark, Crawford & Edgar Counties have 12 special interest clubs:

- › 4-H Jazz Band
- › 4-H Tractor Club
- › 4-H Livestock Judging
- › Horse Bowl & Hippology
- › Dog Obedience
- › Head, Heart, Hooves Horse & Pony Club
- › Archery
- › Air Rifle
- › Air Pistol
- › Shotgun
- › .22 Rifle

4-H Is Where You Live

Northern Crawford County has not had a 4-H club since the 1980's, and with the nearest 4-H club 17 miles away, Jennifer Smith accepted the challenge to serve youth in the Annapolis area.

Smith, who lives in Annapolis, was already a club leader in the Oblong area. To her surprise she had 15 kids show up to the new club open house, and currently has 12 members enrolled. Because there were enough youth between the ages of 5-7, a Cloverbuds club was also formed, giving the county three clubs for that age group.

To date, Crawford County has 8 community clubs, 3 Cloverbud clubs, and 3 special interest clubs. April Knoblett, 4-H Youth Development Coordinator, plans to offer one new SPIN club this year to help grow 4-H membership.



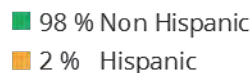
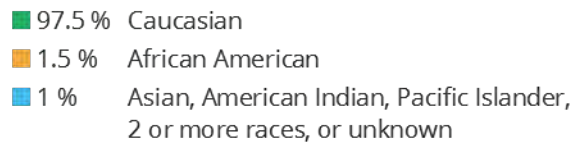
Serving Youth in Clark, Crawford, and Edgar Counties

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.

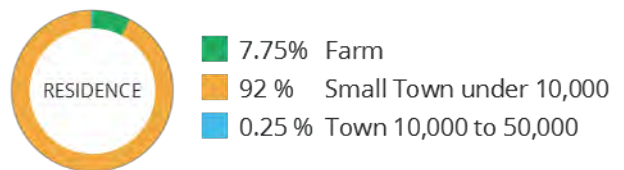
Program Reach



RACE



ETHNICITY





Summer Cooking Schools

4-H provided learning opportunities in Clark, Crawford and Edgar counties to help youth to develop their food preparation skills, make healthy food choices, and increase their knowledge of food safety. In 2018, 44 youth participated in one of the three cooking schools.

One of the popular activities is a skill-a-thon, where they demonstrated how to accurately measure ingredients, correctly wash dishes, set the table, and identify kitchen equipment. The youth also prepared a meal and competed in a food challenge to prepare a dish with the ingredients provided. Youth worked in groups of four to learn how to accomplish their tasks as a team.

The cooking schools were led by Mary Liz Wright, Extension Nutrition and Wellness Educator, and Jessie Crews, 4-H Youth Development Educator.

Each class focused on a nutrition topic using MyPlate food groups and an important kitchen skill such as measuring liquid and dry ingredients, using a knife, or cracking an egg.



Youth participants of cooking school work as a team to prepare a menu item.

4-H is helping youth understand where their food comes from, which could lead them to pursue interests in agriculture and encourage them to advocate for more food-secure communities.



Beyond the Community Club

The fundamental 4-H ideal of practical, learn-by-doing experiences encourages youth to experiment and think independently. Those concepts provide opportunities for local youth far beyond the community club experience and are also used in afterschool and summer workshops as well as many programs held in conjunction with our local school districts.

- ▶ Safe Kids (3rd graders)
- ▶ Butterfly Garden (4th graders)
- ▶ Conservation Day (5th graders)
- ▶ Science Safari (7th graders)
- ▶ Real World (8th graders)
- ▶ Career Portfolios (8 – 12th graders)
- ▶ Business Etiquette (8th and 12th graders)
- ▶ Real Colors (9th graders)
- ▶ iServe (10th graders)
- ▶ iLead (9 – 12th graders)
- ▶ Local Government Day (11th graders)
- ▶ Your Future Starts Today (12th graders)



HALL OF FAMERS

Congratulations to Shanna Alexander, Crawford County, Bob and Angie Zellers, Clark County, and Angie Hamilton, Edgar County, for their inductions into the Illinois 4-H Hall of Fame at the Illinois State Fair. We are so thankful for their contributions to the 4-H programs in their counties and excited they have received this well-deserved recognition!



NEW MASTER GARDENER GROUP LAUNCHED

In June of 2018, a new evening Master Gardener Group was launched for the three-county unit. In order to meet the needs of current and potential Master Gardeners who work during the day, the new group began meeting on the 2nd Tuesday evening of the month at the Clark County Extension Office. The group has members from all three counties and is planning their first project together: a plant sale featuring garden bedding plants and flowers.

"I CAN GET THEM TO EAT ANYTHING"

SNAP-Ed Community Worker Hope Dennis says she can get kids "to eat anything!" According to Hope, a normal workday involves preparing snacks for the kiddos at pre-school programs. A recent snack was small trees (broccoli and cauliflower).

SNAP-Ed Community Worker Tammy Evans enjoys teaching the Color Me Healthy Program to preschoolers. This nutrition and physical activity program uses color, music, and exploration of the senses to teach that healthy eating and physical activity are fun.



PLANTERS HARD AT WORK

A pollinator habitat was planted at IDOT district headquarters in Paris this summer. A total of 656 plants were planted by 25 volunteers, including many from local 4-H clubs through coordination by Cheryl Funkhouser and the University of Illinois Edgar County Extension Office.



TALKING WITH THE ROBOTICS CLUB

Members of the Oblong Robotics Club in Crawford County were eager to show their projects to Dean Kidwell when she visited Unit 20. The members brought EV3's, SCRATCH Program, and junk drawer robotic items to demonstrate for the entire community group who gathered for the stakeholder conversation luncheon.

JUDGING THE "SHARK TANK" PROGRAM

Fifth grade students from Marshall presented Shark Tank-like presentations to a panel of judges, including Dean Kidwell and local business people. The winning project centered on food teleportation, helping to solve the world's food problems. The Dean's fellow judges included Steve Shaffer, Doug Littlejohn, and Vickie Wallace.



ENJOYING THE 4-H JAZZ BAND

Dean Kidwell was so impressed with the 4-H Jazz Band from Clark County that she took a moment to share a video and post on Twitter: "Marshall IL is home of the only @4H jazz band in the nation. Check them out -they are terrific. Two of these @Illinois4H members will be students @Illinois_Alma in the College of Music - they are that good. 4-H is a gateway to many career paths."

TAKING TIME TO TALK

No Illinois Extension Tour would be complete without a meaningful discussion of Extension 3.0 with Dean Kidwell. Extension personnel from all over Unit 20 were able to participate.

Employees agreed this was a highlight of the day. When Dean Kidwell took the time to sit down and openly discuss questions, concerns, and success stories with the Unit staff, it solidified what a great leader she is for Illinois Extension.







Stacy Woodyard
County Director



Jessie Crews
Educator, 4-H Youth
Development



Mary Liz Wright
Educator, Nutrition and
Wellness



Tiffany Macke
Educator, Community &
Economic Development

**EXTENSION
COUNCIL 2018**

Stephen Bowyer
Edgar

Corrie Brinkerhoff
Edgar

Meggan Cash
Edgar

Laura Collier
Crawford

Ron George
Edgar

Bev Goekler
Clark

Kim Macke
Clark

Lynn McCleave
Crawford

Linda Murphy
Edgar

Paula Padgett
Edgar

Linda Ryan-Catt
Crawford

B.J. Titus
Clark

Cody Vaughn
Clark

Barrett VonBehren
Crawford

Angela Zellers
Clark



Cartha Gustafson
Coordinator, 4-H Youth
Development



April Knoblett
Coordinator, 4-H Youth
Development



Cheryl Funkhouser
Coordinator, 4-H Youth
Development



Maria Crandell
Extra Help, 4-H Youth
Development



Tammy Evans
Community Worker,
SNAP-Ed



Hope Dennis
Community Worker,
SNAP-Ed



Jesse Soule
Educator, Commercial
Agriculture



Kim Trine
Coordinator, Ag &
Natural Resources



Summer Barna
Specialist, Office Support



Rebecca Schiver
Associate, Office Support



Elizabeth Will
Associate, Office Support



Jane Williams
Assistant, Office Support



Tiffany Cervantes
Assistant, Office Support



Darra Walker
Specialist, Promotion &
Publicity



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 Closed noon-1:00 p.m.

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 Robinson, IL 62454
 (618) 546-1549
 Mon - Fri, 8:00 am - 4:30 pm
 Closed noon-1:00 p.m.

Edgar County Extension
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 (217) 465-8585
 Mon - Fri, 8:00 am - 4:30 pm
 Closed noon-1:00 p.m.

ONLINE



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go.illinois.edu/cce



[What's Cooking with Mary Liz Wright](#)

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). Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the US Department of Agriculture by the Director, Cooperative Extension Service, and University of Illinois.