

Quarterly Connection



COUNTY DIRECTOR UPDATE

Welcome to our third installment of *The Quarterly Connection*. We hope you receive this newsletter as one of the ways we are working to keep you updated on our latest news and programming efforts. Extension continues to work diligently as a resource for our youth, community members, local organizations and businesses.

Summer offered virtual 4-H shows for our youth to present their year-long projects to be judged at the local level. Many projects were selected to be representatives at the State 4-H show and went on to receive various awards. We are so proud of our youth for their persistence throughout this challenging year and know the lessons learned will serve them well in their futures.

Butterfly Festival looked a bit different this year, being offered as a self-guided event. Families and friends were encouraged to visit Baebler Educational Farm between August 15-September 30 for the best opportunity to see butterflies and their habitat. Participants were given a drawstring activity bag with a map, scavenger hunt, and activities to enjoy. Baebler volunteers and Extension staff worked together to make this revised event a great success!

Committed is the best word to best describe our Master Gardeners & Master Naturalists. Many have worked tirelessly to ensure gardens continued, weeds were controlled, food pantries were stocked, natural areas were protected and restored. One Master Gardener group has harvested over 4300 lbs of produce this year. We thank you for your dedication & hard work!

Our Commercial Ag team continues consulting with farmers, completing tomato, pepper, & pumpkin trials, planning for cover crops, and offering a new midday series, *Farm Update*. As we continue to work towards increasing our services to the farmers in our area, we will be reaching out to develop a directory of contact information.

Our Collinsville office welcomed two new Educators. Katrina Galati joined the SNAP-Ed program after previously serving in one of our 4-H Educator roles, while Joey Fonseca-Islas is new to the Extension family and our SNAP-Ed program. We are excited to see the impacts they will have in our communities. We will be seeking applications soon for an open EFNEP Educator position and 4-H Educator position.

Program planning and preparations are underway to bring new opportunities to our communities throughout the new program year. We are beginning the new year with a few new staff, seasoned staff, and some new opportunities with various partners in our communities; we are excited to see what the 2021 program year brings!

Thank you for your continued support of University of Illinois Extension!

Amy Cope, County Director
amycop@illinois.edu



**You cannot do all the
good that the world
needs, but the world
needs all the good that
you can do.**

-Jana Stanfield

YOUTH DEVELOPMENT



VIRTUAL SHOW RESULTS

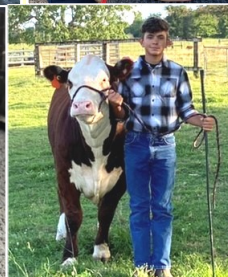
MONROE COUNTY

- 66** Livestock Entries
- 4** Horticulture/Crop Entries
- 11** Horse Show Entries



STATE FAIR RESULTS

- 10** Blue Ribbons
- 5** Inspire Awards
- 3** Champion Awards
- 3** Reserve Champion Awards



MADISON COUNTY

- 106** Livestock Entries
- 114** General Projects
- 7** Cat Show Entries
- 1** Dog Show Entry



STATE FAIR RESULTS

- 22** Blue Ribbons
- 8** Inspire Awards
- 7** Champion Awards
- 8** Reserve Champion Awards



You did it!
Congratulations

The Quarterly Connection

YOUTH DEVELOPMENT



ST. CLAIR COUNTY

168 Livestock Entries

59 General Projects

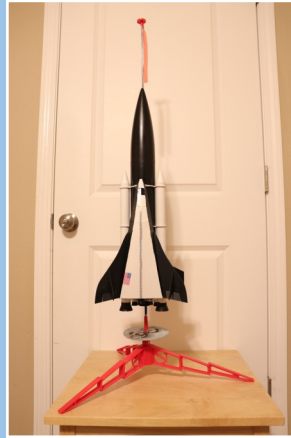
STATE FAIR RESULTS

18 Blue Ribbons

2 Inspire Awards

2 Champion Awards

2 Reserve Champion Awards



MONROE COUNTY – CORN STALK FUNDRAISER

On August 28 and 29, and September 10, members of the Monroe County 4-H Teen Federation, in conjunction with the Waterloo FFA, helped the Backyard Bandits 4-H Club with their annual corn stalks fundraiser. Federation members helped cut and shuck corn stalks from the fields, tie bundles together, set them up for drying, and ultimately loaded them before they were delivered to the St. Louis Zoo. With the help of all organizations as well as several 4-H families, the process went smoothly. The Federation members were able to exercise their leadership skills as they helped delegate tasks within their small groups, organize jobs for group members, fix mechanical errors, and lead by doing.



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YOUTH DEVELOPMENT & MASTER GARDENER/MASTER NATURALIST

The 4-H and Master Gardener/Master Naturalist Program worked together to provide "The Self-Guided Butterfly Festival" at Baebler Educational Farm. Families were invited to learn more about the butterflies, bees, and native plants between August 15 & September 30. Participants explored the large pollinator habitat and other natural areas. Activity bags provided additional information for the visitors. The bags included butterfly and plant scavenger hunts, youth butterfly activities, and information to create a home pollinator garden. Over 330 activity bags were distributed. The idea for a donation box at the farm was a huge success with donations in excess of \$400. The farm is a great family-oriented get-away.



All are welcome!



A youth working on the pollinator scavenger

MASTER GARDENER & MASTER NATURALIST



Master Naturalist training began in September with 18 trainees. The group studied ecosystems and management practices during the 11 week course. Following training, the volunteers assist at local projects removing invasive plant species, creating pollinator habitat, and connecting youth with nature.

The Master Naturalist class viewed a prairie restoration project



The Master Gardener food donation gardens have been productive despite the weather challenges. Over 6,000 pounds of produce has been donated to local food pantries in Alton, Belleville, Columbia, Granite City, O'Fallon, and Waterloo. Master Gardeners will continue to harvest into the fall.

LOCAL FOOD SYSTEMS & SMALL FARMS

JJK PROGRAMMING



The first day of Fall 2020 JJK programming went well hosting 8 youth. Some group agreements (rules) were put into place, radish and turnip seeds were planted, we talked about plants, and then watered the radishes, spinach, turnips, mustard & collard greens and lettuce. Each child received a little cup and had buckets of water to fill them up. They had a lot of fun. They also tried green peppers (and found the seeds) provided through our research trials at Baebler Educational Farm in Waterloo. They all got to take some produce home too!



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COMMERCIAL AGRICULTURE

TOMATO AND PEPPER HARVEST

Nathan Johanning joined Unit 22 this past winter, bringing along a grant funded project. Nathan has been working at the Baebler Educational Farm to set up field research trials and demonstrations, with one specifically looking at incorporating different soil conservation practices, such as no-till and cover crops, into commercial tomato and pepper production. Yield data was collected on these different practices and the trial will be repeated at the farm in 2021, as well as on the University farms in Urbana. An indirect benefit of these trials for the community is that they yielded over 3,000 pounds of tomatoes and bell peppers across the season, most of which were donated to local food pantries, nursing homes, and assisted living facilities. Nathan also has been working to put out cover crop demonstration plots at the Baebler Educational Farm for local farmers to view & learn from some of these new conservation practices.



PUMPKIN FIELD DAY

Pumpkin Field Day was held on September 3 at the SIU Belleville Research Center. The program included field tours and a live virtual tour that provided commercial growers and the public with details about pumpkin production and how to problem solve common issues. University of Illinois, University of Illinois Extension, and SIU staff presented on insects, disease, weeds, pollinators, and variety selection.

A recording of the virtual tour and other videos related to disease management can be found at

<https://go.illinois.edu/SmallFarmsLocalFoodsYouTube>



ILLINOIS NUTRITION PROGRAM EFNEP & SNAP-ED

WELCOME TO OUR NEW SNAP-ED EDUCATORS



Katrina Galati has been a SNAP-Ed Educator for the University of Illinois Extension since July 2020. Before this role, she was our 4-H Youth Development Metro Educator, where she assessed community/school needs and implemented programming to support the needs of youth. Katrina has a deep background in community, school, and child health. She completed her undergraduate degree in Community Health Education and her Masters of Public Health degree from Southern Illinois University Carbondale. Katrina is a Certified Health Education Specialist (CHES) and has a true passion for making a positive impact on her community.



"Hi everyone, my name is Joey Fonseca-Islas. I started with Extension on August 3 as a SNAP-Ed Educator. I was born and raised in southern California by my Mexican parents before traveling to Denver to receive my bachelors in Nutrition and Dietetics. After undergrad, I pursued an opportunity to work with a diabetes prevention program in Alaska, followed by another opportunity in HIV and malnutrition outreach in South Africa while serving in the Peace Corps. I ended up in Illinois after applying for Western Illinois University master's program in Health Sciences and Public Health that provided an opportunity to serve in AmeriCorps in community development. Fortunately, this journey has led me to apply and be a part of Unit 22. I love to dance to Latin music and share my culture's food, but I also have other eclectic interests that I'm happy to share. I look forward to meeting you all in person!"

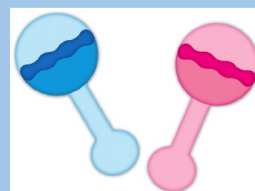
GLEN-ED FOOD PANTRY SUCCESS STORY

Joey Fonseca-Islas and Katrina Galati implemented their first Client Choice Professional Development Training for Glen-Ed Food Pantry in Glen Carbon. The food pantry is currently moving towards Client Choice Shopping Style and approached the University of Illinois Extension to assist in the transition phase. Traditionally getting volunteers on board with change can be challenging, which led us to serve as a supportive resource for the Glen-Ed Food Pantry. Joey and Katrina implemented a 1 hour Client Choice Shopping Style Professional Development Training for volunteers and food pantry managers. Usually, the training would take place in person, but due to the circumstances with COVID-19, Joey and Katrina had to become creative. They developed the first-ever virtual professional development opportunity offered to food pantries. The pre-test and post-test demonstrated an increase in readiness for change/transition to Client Choice Shopping Style by the end of our training, which is a huge success!

SNAP-ED PARTNERS IN VIRTUAL WELLNESS BABY SHOWER

With COVID-19 restrictions in place, many of Extension's typical programming has been delivered virtually for our staff and participants' safety. One example of this was the Virtual Baby Shower held this past Summer. The Extension's SNAP-ED Program was asked by our partner Meridian Healthcare to provide a nutrition session to expecting moms in Madison and St. Clair Counties. SNAP-ED Program Coordinator, Laquitsha Bejoile-Hayes, provided information on budgeting and shopping wisely. Other hosts included Eastside Health District and Familia Dental. These hosts spoke to safe crib sleeping and dental hygiene.

Goodie bags were provided to all participants through a curbside pick up method after the virtual baby shower. Expecting mothers also had an opportunity to win a safe crib for their new bundle of joy with the trivia opportunities. This event was so well attended; there are currently future programs already being planned.



EFNEP PROGRAM READINESS

EFNEP staff are working on a new virtual program partnering with local agencies in identifying individuals who would participate in our "Eating Smart. Moving More" wellness program. Participants are encouraged to commit to participating in six weeks of programs to increase their knowledge in healthy diet and exercise. We have a new program format planned with curbside pickup options for recipes, ingredients, and program completion gifts. Contact us to learn more!

EXTENSION IMPACT

Extension was highlighted in a new report entitled “The Economic and Functional Impact of University of Illinois Extension.” The report summarizes analysis related to the value Extension brings to our communities and the University. Studies obtained prior to the report focused U of I Extension’s categories into five major groups:

- Agriculture, Food and Natural Resource Development
- Environmental Stewardship
- Community and Economic Development
- Health Nutrition and Family Development
- Youth Development



Pictured: Commercial Ag Educator, Nathan Johanning, discusses Cover Crops.

To summarize, the total output impacts of Illinois Extension is nearly tenfold higher than annual investments in the system.

The mission of Extension - To Deploy Knowledge

JOIN OUR TEAM!



Extension Educator, 4-H Youth Development – Unit 22

The University of Illinois Extension is seeking an individual to provide educational leadership for program delivery in Unit 22 (Madison, Monroe, and St. Clair Counties). Master’s degree related to subject matter emphasis required. To view complete job description and apply, visit <https://go.illinois.edu/137865>.

Closing date is **November 10, 2020**.

The U of I is an EEO Employer/Vet/Disabled <http://go.illinois.edu/EEQ>

CONNECT WITH US!

 <p>We have many great things happening on Social Media! Get connected and stay updated on our new events & programs!</p>	 <p>Subscribe on YouTube Illinois Extension-Madison, Monroe, and St. Clair</p>
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 <p>Email or Call to be added to our Monthly Newsletters!</p> <p>uie-mms@illinois.edu Waterloo: 618-939-3434 Collinsville: 618-344-4230</p>	 <p>Find us on Facebook &</p>  <p>Follow us on Instagram</p> <p>University of Illinois Extension-Madison, Monroe and St. Clair Unit</p> <p>University of Illinois Extension: Madison County 4-H University of Illinois Extension: Monroe County 4-H University of Illinois Extension: St. Clair County 4-H</p>
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Thank you for your continued support of Extension!