



Illinois Extension

The College of Agricultural, Consumer and Environmental Sciences

SEPTEMBER 2022

Connections Newsletter

Rock Island County
321 W 2nd Ave. Milan, IL
(309) 756-9978
Mon-Fri 8am - 4 pm
(closed 12 -12:30 pm)

Henry/Stark Counties
358 Front St. Galva, IL
(309) 932-3447
Mon, Wed, Fri 8 am - 4 pm
(closed 12 -12:30 pm)

Mercer County
910 13th St. Viola, IL
309-513-3100
Tues, Wed, Thur. 8 am - 4 pm
(closed 12 -12:30 pm)

Visit our website: extension.illinois.edu/hmrs

Take Action in September to Help Fight Hunger in our Communities!

For tens of millions of people in America, a daily meal isn't a choice between different dishes. It's a choice between food and other crucial needs—like medicine, electricity, or childcare. Food insecurity is not just about hunger. It's also about lacking access to the food options that provide adequate nutrition, particularly important for limited resourced individuals and families.

Through our Supplemental Nutrition Assistance Program Education (SNAP-Ed) and our network of volunteers and community partners, Illinois Extension is making a difference right here in our community, creating opportunities to address food insecurity in locally relevant ways.

September is Hunger Action Month!

Extension is inviting the public to join us as we set our attention to the cause and pledge our service to help make a difference. We are offering several opportunities to take action to help fight hunger here at home. Here's how you can join in the fight against hunger:

Donate to the Food Drive, September 1- 30.

Throughout the month of September, we will be collecting food donations at our Extension offices. You can drop off healthy, non-perishable items to boxes outside our main entrances at our offices in:

- Rock Island County, 321 W 2nd Ave. Milan, IL
- Mercer County, 910 13th Street, Viola, IL
- Henry/Stark Counties, 358 Front Street, Galva, IL

We will make sure your food gets into the local food pantries serving your community! Review this list for foods that are most beneficial go.illinois.edu/HealthyDonations



Join us for a Hunger Walk, Fri. Sept 23 on Hunger Action Day, 11:30 am - 1 pm (two locations)

Veteran's Memorial Park, Front St., Galva, IL & Black Hawk Park, Rock Island, IL
(pavilion by Singing Bird Nature Center, 1510 46th Ave)

Help Stomp out Hunger here at home! Bring non-perishable nutritious food items to donate (or checks to your local food bank) to support hunger in your community. Walk through the park as you read hunger facts signs along the paths.

Get a free "Stomp out Hunger" sticker, snacks, water, and soup samples when you join us over your lunch break for the event. We hope to see you at one of the two parks!

To help us plan supplies, RSVP to go.illinois.edu/HungerWalk or call our offices (309) 756-9978 or 309-932-3447.

Bring Food Donations to Mercado on 5th, Fri. Sept 23
Also on Hunger Action Day, you can bring donations of healthy, non-perishable food to the Friday Fiesta on 5th Ave. Moline, IL. Extension's SNAP-Ed program will have a booth and collect your donations for the St. Mary's Food Pantry, which serves the Floreciente neighborhood.

September is National Preparedness Month - Are You Ready?



Kristin Bogdonas Nutrition & Wellness Educator

We often don't think about emergency preparedness until we're in the midst of a disaster and by that time it's probably too late to start gathering important belongings! House fires, floods, tornadoes, and power outages all pose a threat to us here in the Midwest. Research shows that disaster events are increasing in frequency and also intensity. Take time in September to get prepared for unexpected emergencies.

By planning ahead for the unseen, we can bounce back faster and more successfully both as a family and community. The Federal Emergency Management Agency (FEMA) recommends that individuals and families prepare to be on their own for at least 72 hours after a disaster.

There are many things to consider when working on your disaster plan and this is a great time of year to get your documents and emergency supplies in order. September is National Preparedness Month and if you're looking for ways to get involved or help spread the word, visit ready.gov.

Here are some important tips and resources to help you plan and be prepared when disaster strikes:

Make a plan

Consider specific needs in your household, prepare an emergency kit and emergency communications plan, then practice your plan with your family or household.

Be informed

Learn community warning systems, download the FEMA app, and familiarize yourself with local relief organizations such as the American Red Cross and Salvation Army.

Items for your emergency kit or "go-bag"

- Extra cell phone battery/charger
- Hand-crank weather radio
- Flashlight with extra batteries
- First aid kit
- Whistle
- Waterproof matches or lighter
- Local maps
- List of medications, and emergency contacts.

For more info and a printable checklist, visit ready.gov/kit

Build an emergency food and water supply

A minimum of three days is recommended but two weeks is preferable. Food that doesn't require refrigeration or cooking is ideal. You'll also want enough water on reserve for everyone in your household, including your pets! Aim for 1-2 gallons of water/person/day.

Consider other sources of water in case your supply gets low. Have a couple of disinfecting/filtering methods on hand in case the water isn't safe to drink after a disaster. For more on food safety before, during, and after disasters, visit extension.illinois.edu/food/food-safety-and-disasters

Tap into emergency food relief organizations

Visit the Find Food Illinois Community Food Map to locate food resources in your zip code by visiting, go.illinois.edu/FindFood.

Have you given much thought to the trees on your property?

Caring for trees in the years before a weather event occurs can help grow strong, resilient plants. Selecting the right tree species for the site, pruning for structural strength and balance, and watering trees in times of drought are ways to promote weather-sturdy trees. If your trees are damaged, contact a certified arborist to assess damage and remove large limbs.

Last but not least, let's not forget about financial emergency preparedness.

6 out of 10 households in the United States experience at least one financial emergency in a year, and 1/3 of American families do not have any savings. Start small and contribute to an emergency fund when able. Also consider how you have your financial documents stored. Keep them all in one place with account numbers and passwords to make things easy to find following a disaster.

A graphic for Illinois Extension featuring a tornado over a destroyed landscape. Text includes "be prepared when Disaster Strikes" and "Illinois Extension UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN".

Illinois Extension has a series of webinars to help you with Disaster Preparedness. Watch them @go.illinois.edu/DisasterPrepVideos



Sept 22 @ 10 AM | Cultivating Your Own Blue Zone | Lessons for Living

Create a plan for a lifestyle more in rhythm with community and nature. What if life was simpler? Could we enjoy balance in all dimensions? Learn what distinguishes Blue Zones of the world, and common lifestyles that contribute to health and longevity.

Register at go.illinois.edu/2022HCELessons

Sept 27 @ 1:30 PM | Dahlias: Digging, Dividing, and Diseases | Four Seasons Gardening



Dahlias can be a dazzling cut flower for your flower bed or garden. Gain Dahlia growing tips for summer care while learning to identify pest and diseases that can damage blooms. Fall brings new techniques for digging and dividing the tubers as a way of propagating for next season's flowers.

Register at go.illinois.edu/Dahlias4Seasons



Sept 8 @ 1PM | Potential Impacts of Climate Change on Lake Michigan | Everyday Environment

Lake Michigan provides valuable ecosystem services to the coastal communities along its shorelines. Given the prevalence of anthropogenic stressors, such as increased nutrient loading, invasive species, and overfishing that have historically affected the lake, climate change is best viewed as a long-term stressor. In this webinar, learn about the projected changes in climate and aquatic habitats in the Lake Michigan. Understand the key interactions between climate change and other stressors relevant to ecosystem services and get a summary of how climate change can be incorporated into current lake management strategies. Register at go.illinois.edu/everydayenvironment22

GARDENING IN THE AIR



Gardening in the Air Fall Gardening Online Symposium Sat. Oct 8 | 9 am - 12:30 pm

Grow your gardening knowledge with timely fall topics in a one-day, multi-track webinar led by horticulture experts from across the Midwest and co-hosted by University of Illinois Extension and Iowa State University Extension. This year's fall edition features three tracks: water, lawns, and nature. You can select one workshop from each of the three time sessions.

The fall series will begin at 9 a.m. Saturday, Oct. 8 and concludes at 12:30 p.m. Register at go.illinois.edu/GIA2022Fall.

There is no fee, and donations are accepted at the time of registration.

Topics Include:

- Make Every Drop Count – Xeriscaping
- Water Features For Your Garden
- Drought Tolerant Annuals and Perennials
- Troubleshooting Turfgrass Problems
- Reimagining the Lawn
- Get into the Weeds of Natural Lawn Care
- Trees for Fall Leaf Color
- Owls of Iowa and Illinois
- Gardening with Grasses: Native Grasses for the Home Landscape



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go.illinois.edu/EatMoveSave

Healthy Text Program
go.illinois.edu/HealthyText





NATIONAL 4-H WEEK

National 4-H Week is October 2-8, 2022

Join us in celebrating 4-H, the remarkable youth members, volunteers, and the incredible experiences that 4-H offers young people.

4-H offers a place where kids can belong, lead, learn.

4-H programs challenge youth to “learn by doing” with fun, hands-on activities. Kids can learn, practice, and demonstrate new skills while exploring the interests that are important to them. In 4-H, youth are brought together in clubs led by caring adults who welcome them as a part of the larger 4-H family.

In 4-H, members learn about topics that interest them through projects. That could be anything from learning how to cook, build a robot, or care for the environment. Members can explore these topics through 4-H experiences such as community clubs, special interest clubs, workshops, and more. 4-H members range in age from 8 to 18. Youth who are 5 to 7 years of age may join 4-H as a Cloverbud. The cost to join 4-H for the year is \$20.

New members can get more information by contacting our 4-H staff in our offices in Milan, Galva and Viola, IL at:

go.illinois.edu/4-HLearnByDoing

or fill out our new member interest form:

[@go.illinois.edu/4-HNewMemberInterest](http://go.illinois.edu/4-HNewMemberInterest)

Upcoming 4-H opportunities

4-H Robotics Club | Sept 29, 6 pm Rock Island Extension, Milan, IL



Robots are everywhere in everyday life. Learn to design, build, and program robots in this exciting hands-on club. Join us for our first meeting of the new year. Sign up at go.illinois.edu/4-HRobotics



October I Made That: Pumped for Pumpkins

Get your DIY educational cooking kit that helps youth build skills in the kitchen. Our October kit is designed to get you pumped for National Pumpkin Month.

Learn all about pumpkins - how to select, store and carve them. Try one of the many recipes included in the kit such as pumpkin bread, pancakes, and pumpkin sandwiches. Find out fun facts in the October booklet, full of fun activities! Each kit is \$5 and will be ready for pickup by Oct 3 at our offices in Milan, Galva, or Viola. Register at go.illinois.edu/IMadeThatOctober

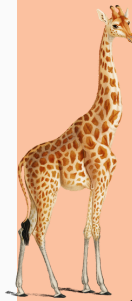


4-H Kickoff Event Sat. Oct 1, 10 am - Noon, Niabi Zoo, Coal Valley, IL

Come discover what 4-H is all about!

Join us for a fun morning at the zoo to learn about 4-H and how to join! Then have time to explore the zoo on your own.

- Hear from current 4-H members about the program
- See demonstrations of 4-H projects and displays
- Explore hands-on activity stations
- Enjoy free snacks and get some cool 4-H swag



Niabi Zoo will lead interactive programs for event participants:

**"Where the Wild Things Are"
& "Animal Superpowers"**

RSVP to attend at

go.illinois.edu/4-HZooKickoff

or call the office at (309) 756-9978

or scan this QR code with your cellphone



Our activities are free with your prepaid zoo admission:
\$9 adults & youth 13 and older | \$6.50 youth 3 - 13
(Zoo members can use their cards for free admission.)
You'll pay your zoo admission upon registering for the event.



Volunteer for 4-H to make sure our local youth have great opportunities to succeed!!

Share your special talents!

Do you have a special talent - fishing, sewing, cooking, crafts, science, robotics- that you would like to share with youth in your community? Sign up to be a 4-H Project or Special Interest Club volunteer to give youth the chance to develop skills in a specific topic area as they complete hands-on projects.

For these and other 4-H Volunteer Opportunities, contact Jennifer Peterson, 4-H Educator at: 217-300-7348
Email: jpetersn@illinois.edu
or fill out this form go.illinois.edu/4-HVolunteerHMRS