



# Illinois Extension

Bond, Clinton, Jefferson, Marion & Washington counties



## Extending Knowledge, Changing Lives

### Virtual Nutrition Education Programming Makes Impact

The SNAP-Ed teams throughout Illinois have transitioned to virtual programming in response to the COVID-19 pandemic. Over the summer, staff learned about the new tools and skills to make this transition and are now delivering virtual classes for OrganWise Guys, Great Garden Detective Adventure, Eat Play Grow and Healthy Cents nutrition programs. Unit SNAP-Ed community workers found creative ways to continue providing high-quality programming to clients.

Dear Extension Friends,

There is no denying that 2020 was a roller coaster of a year. Despite the many challenges that the Pandemic has presented us with, University of Illinois Extension has still been working diligently to serve our communities. With poverty levels in Bond, Clinton, Jefferson, Marion, and Washington counties as high as 12% for adults and child poverty levels measuring at 25%, food access and food insecurity continues to be a priority issue that staff are working to address. In addition, the Unit's 4-H and agriculture and natural resources programs are here to serve you. They continue to offer interesting and educational information through our virtual programs and workshops. For details on upcoming programs visit our website, [extension.illinois.edu/bcjmw](https://extension.illinois.edu/bcjmw) and connect with us on social media.

Local poverty levels are as high as 12% for adults and 25% for children.

As you read through this quarterly report, I invite you to reach out to me personally for a virtual chat on how Extension can help you build your best life.

Jordee Justice Koehler  
County Extension Director

## 4-H team embraces STEM

"Heading into another year of 4-H – especially during such a unique time – means we have an opportunity to take a fresh look at what youth want and need and meet them where they are in terms of interest." - Kyle Miles, Extension 4-H Youth Development Educator

Kyle is focused on supplementing traditional 4-H projects with additional STEM opportunities. In November, the 4-H team offered two webinars for youth in the five-county area that combined STEM concepts with common Thanksgiving themes. "Let's Talk Turkeys" took youth on a tour of a turkey farm and engaged them in an engineering design challenge. "STEM on the Mayflower" allowed the 4-H team to combine STEM with a multicultural experience through the Passport to the World project area, as well as incorporated a virtual hands-on building activity.

## Mobile Markets support local families

When stay-at-home orders and mitigation efforts eliminated Extension's ability to personally host Mobile Markets, SNAP-ed Educator Ashley Hoffman worked tirelessly with community businesses and organizations, especially United Way of South Central Illinois and SSM Health Good Samaritan Hospital, so food distribution efforts and Mobile Markets could continue outside of the Extension umbrella. Because of these partnerships, 25+ Mobile Markets in Jefferson, Marion, and Washington counties have served over 7,000 families. Additional markets have been held in surrounding counties, as well.

Feedback from families and partners highlights the impact Ashley's efforts have had on the communities:

- "This box of food helps my family make it through the month. I work part time but with the COVID-19, hours at my job have been cut. Thank you."
- "I appreciated this so much! I have lost my job and it has been hard finding another one. I don't like to ask for help and you don't know how much my family needed these groceries!"
- "Thank you, Ashley Hoffman and U of I Extension, for making this project possible. We are so blessed by your support and partnership."

In addition to traditional fresh dairy and produce offerings, families were also provided Thanksgiving and Christmas boxes to ensure they had the supplies to provide special holiday meals.

The markets in Centralia, Nashville and Mt. Vernon will continue on a monthly basis in 2021.



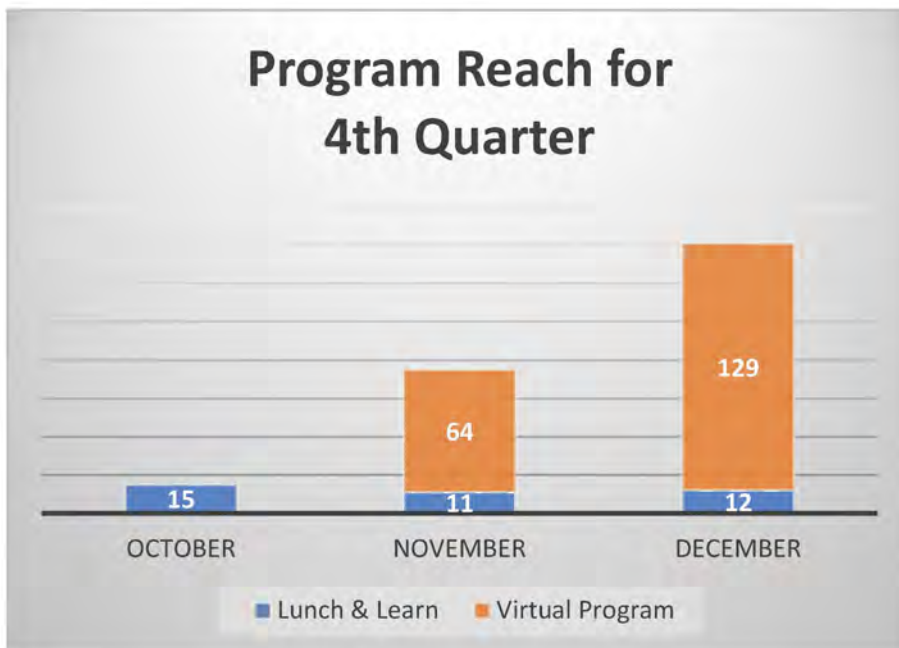
## Festive 4-H Workshops Set the Tone for more Virtual Fun in 2021



The 4-H team provides a fun virtual experience for members each month. Two different sessions of a virtual Cloverbud Camp were held the weeks of Dec. 1 and 8, with 16 Cloverbuds participating with their families. Youth were guided through festive holiday activities like growing a Grinch heart, making marshmallow snowflakes, creating reindeer toothpaste, and helping Santa "drop" off his gifts.

Later in December, 4-H members and their families were invited to a holiday party via zoom. This was an opportunity to foster a feeling of belonging for members. Participants were encouraged to wear their favorite holiday gear and join in games and activities. Thirty-five families from across the Unit joined in the fun. The 4-H team will continue to host monthly 4-H activities via zoom through Spring, with opportunities to try different 4-H projects like Passport to the World, and Consumer Education.

## Programs reach new audiences Online



Over the course of the past year virtual horticulture and natural resources programs have seen a rise in popularity. Lunch and Learn is newer program, created to offer a taste of programs offered by local Master Gardeners. They are the same programs that are traditionally offered to local garden clubs, and civic organizations. Additional virtual programs are offered each month on a wide range of timely topics. The virtual aspect has opened the doors to a much wider audience than only those who could be reached in person. Attendees often participate from multiple states, sometimes even different countries.

## Evergreen webinar draws large audience

On Dec. 3, the agriculture and natural resources team hosted "Pining for Evergreens," an educational webinar featuring a presentation from educator Sarah Vogel on pruning and maintenance. Utilizing local and state marketing resources and social media, the webinar reached an audience of more than 125 participants. Jefferson County Master Gardeners Treasa Brookman and Pat Garren stepped outside their comfort zone to deliver an organic video demonstration on swag-making using local resources during the webinar. [Check out their video on the unit YouTube channel.](#)





## Popular "Pollinators" Webinar Draws 60+ Attendees

"I've already made a list of which plants you described in the presentation to try in my yard next year."

This is just one of the remarks made by a participant after the Nov. 11 "Planning for Pollinators" webinar hosted by the Agriculture & Natural Resources team. More than 60 individuals attended this popular program which explained the benefits of getting your garden and yard pollinator-ready for fall.

Extension Educator Erin Garrett delivered the presentation, and Marion County Master Gardener/ Master Naturalist Kathy Kingsley led the group in a short activity about the lifecycle of the Monarch butterfly.

## Mark Your Calendar

### February

- 1 Masters' Coffee Break
- 9 Lunch and Learn with the Master Gardeners 15 Masters' Coffee Break
- 16 Dollars and Sense
- 18 Dollars and Sense
- 22 Cool Season Vegetables
- 24-26 FSPCA Preventive Controls for Human Food Training

### March

- 1 Masters' Coffee Break
- 4 Spring Fling-Under the Canopy
- 5 Beginning Gardener Series
- 9 Lunch and Learn with the Master Gardeners
- 9 4-H Hop into Spring
- 11 Spring Fling-Small Fruits in Your Home Garden
- 11 4-H Hop into Spring
- 12 Beginning Gardener Series
- 15 Masters' Coffee Break
- 18 Spring Fling-Ergonomic Gardening
- 19 Beginning Gardener Series
- 24 Weather and Climate Change in Illinois
- 24 Spring Fling-Herb Gardening & Cooking

### April

- April 5 – Masters Coffee Break
- April 7 – Backyard Greenhouse Basics
- April 13 – Lunch & Learn with Masters
- April 19 – Masters Coffee Break @ 9 a.m.

\*A beginning gardener series will be offered in the Spring. Dates are still being finalized for the seven week program.

## Statewide Programs

Illinois Extension offers a wide range of educational webinars led by experts across the state.

Some that may be of particular interest are:

- CropFlix:2021 Crop Management Conference
- Small Farms Winter Webinar Series
- Let's Talk Money series
- Certified Livestock Managers Training
- Speaking for Illinois 4-H
- Happy Healthy Providers series
- Lessons for Living series

You can find all of the above programs, and many more Online at <https://extension.illinois.edu/global/events>.

**SERVING BOND, CLINTON, JEFFERSON,  
MARION AND WASHINGTON COUNTIES**

*Our physical office may be closed,  
but our staff and educators are  
still available to assist you.*

**Extension Business Hours:**

**Monday-Friday  
8 a.m.-Noon & 1-4:30 p.m.**

**SERVICES AVAILABLE:**

- Speak to a live staff member when you call your local Extension office
- Order our most popular resources, like Pesticide Safety materials and Farm Record books, either online or by calling the office
- Enroll and participate in 4-H safely
- Find answers to your nutrition, agriculture, horticulture, and natural resources questions
- Receive assistance with plant and insect identification
- Enjoy interesting and informative presentations and webinars from the comfort of your home

**You may not be able to visit us at the office,  
but we are still hard at work for you!**



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

**COLLEGE OF AGRICULTURAL, CONSUMER AND ENVIRONMENTAL SCIENCES**

University of Illinois • U.S. Department of Agriculture • Local Extension Councils Cooperating  
University of Illinois provides equal opportunities in programs and employment.



**Jordee Justice**  
County Extension Director  
jordeej@illinois.edu



**Laurie George**  
Local Food/Small Farms Educator  
ljgeorge@illinois.edu



**Ashley Hoffman**  
SNAP-Ed Educator  
ahoff10@illinois.edu



**Kyle Miles**  
4-H Youth Development Educator  
kylem@illinois.edu



**Elaine Craver**  
Marketing & Communications  
ecraver@illinois.edu



**Gail DeVilbiss**  
ANR Program Coordinator  
devilbis@illinois.edu



**Chris Lueking**  
ANR Program Coordinator  
lueking@illinois.edu



**Kara Boozer**  
4-H Program Coordinator  
karacox2@illinois.edu



**Vicki Enloe**  
4-H Program Coordinator  
venloe@illinois.edu



**Amanda Fox Clark**  
4-H Program Coordinator  
abfox@illinois.edu



**Cheryl Timmermann**  
4-H Program Coordinator  
timmerc@illinois.edu



**Kristen Buttrum**  
SNAP-Ed Community Worker  
buttrum@illinois.edu



**Kelley Predium**  
SNAP-Ed Community Worker  
kpredium@illinois.edu



**Krystal Pruden**  
SNAP-Ed Community Worker  
kpruden@illinois.edu



**Dan Spangler**  
SNAP-Ed Community Worker  
dspangle@illinois.edu



**Crystal Ulmer**  
SNAP-Ed Community Worker  
ulmer@illinois.edu



**Rhonda Mueller**  
Office Support Specialist  
rmueller@illinois.edu



**Alishia Winkler**  
Office Support Associate  
awinkler@illinois.edu



**Karen Knox**  
Office Support Assistant  
knoxkar@illinois.edu



**Joan Tate**  
Office Support Assistant  
joantate@illinois.edu

# Contact Us

Bond County Extension  
208 Academy  
Pocahontas, IL 62275  
(618) 664-3665

Clinton County Extension  
1163 N. 4th Street Breese,  
IL 62230  
(618) 526-4551

Jefferson County Extension  
4618 Broadway  
Mt. Vernon, IL 62864 (618)  
242-0780

Marion County Extension  
1404 E. Main, Rt. 50 East  
Salem, IL 62881  
(618) 548-1446

Washington County Extension  
9623 Wall St.  
Nashville, IL 62263  
(618) 327-8881

Find us **ONLINE . . .**



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

The screenshot shows a web browser window with the address bar containing <http://extension.illinois.edu/bcjmw>. Below the address bar is a search bar. The main content of the page displays the URL **extension.illinois.edu/bcjmw** in large blue text. Below this are five social media icons arranged in two rows. The first row contains Facebook (bcjmwu23), Twitter (UofIExtBCJMW), and Instagram (uiebcjmw). The second row contains Pinterest (uofiextunit23) and YouTube (Illinois Extension BCJMW). A red arrow points from the address bar to the search bar.

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 reasonable accommodation to participate, contact 618.327.8881.