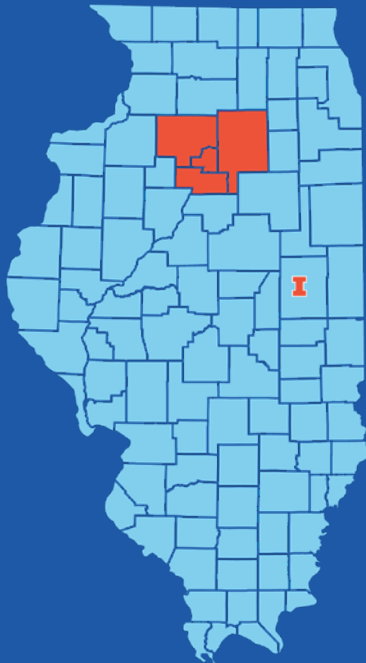




# Illinois Extension

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.



4-H Youth Development	3
Nutrition & Wellness	10
Agriculture	12
Ag in the Classroom	13
Master Gardeners & Master Naturalists	14
Community & Economic Development	15
SNAP-Ed	17
Financial Reports & Staff Directory	19



## 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

Hello! This year brought many challenges for all of us, due to the COVID-19 pandemic. Throughout 2020, University of Illinois Extension provided many virtual education programs serving youth, families, schools, agencies, communities, and our agriculture community.

We have continued to reach out with virtual 4-H education programs for teachers, STEM kits for schools and libraries, and new ways to conduct 4-H meetings and events. We held three virtual 4-H fairs this summer. Our 4-H members, families, and volunteers were quick to sign up for this new opportunity, allowing youth to show their project work and accomplishments. Although the virtual fairs were a great substitute, we are looking forward to returning to the fairgrounds in 2021!

Because of your support, we have been able to continue to provide unbiased, research-based information and strong educational programming outreach from the University of Illinois at Urbana-Champaign campus. Broad program areas include agriculture and natural resources; 4-H youth development; family, nutrition, and consumer sciences; and community and economic development.

In addition, we bring specialized grant services to local people and schools through Extension's partnerships with the Illinois State Board of Education, Illinois Nutrition Education Program, Ag in the Classroom, and the 4-H Latino program.

Extension provides practical education you can trust to help people, businesses, and communities solve problems, develop skills, and build a better future. Please take a look at our program highlights for 2020, and contact me if Extension can be of service to you!

With warm regards,

Jill Guynn  
County Extension Director





## Bureau County Virtual 4-H Fair

With the safety of 4-H members, volunteers, and the community in mind, the Bureau County 4-H Fair, held July 13-19, shifted from an in-person to a virtual event. Members were still able to display and submit their project work for judging and receive ribbons, awards, and state fair opportunities.



## Igloo Challenge Tests Collaborative Survival Skills

The Igloo Challenge asked teams to collaboratively construct a fortress that could shelter them and withstand the cold arctic winds. Students in the 4-H afterschool STEM program were given marshmallows to represent blocks of ice and toothpicks to represent beams. Each team had 20 minutes to complete the mission before the sturdiness of their structure was tested by an arctic blast simulated by a blow dryer.



Program held at Ohio Grade School, Van Allen 4-H in LaMoille, Bureau Valley Elementary in Manlius and Neponset Grade School.



Program held at DePue Elementary, Van Allen 4-H in LaMoille, JFK Spring Valley, Neponset, Bureau Valley Manlius, and Ohio.

## Candy Delivery via Zipline

The February 2020 STEM challenge had students collaborating to find a way to safely deliver candy from a factory at the top of a mountain (i.e., their table) down to a village (i.e., the floor) using only the provided supplies. Working in small groups, students were given 20 minutes to use pipe cleaners, paper clips, construction paper, candy hearts, and dental floss to construct their zipline. Students displayed several creative and effective ways to complete the task.





## 4-H Federation Takes on Escape Room Challenge

4-H Federation members traveled to Peoria to take part in a team-building activity at Gone in 60 Escape Games. They were challenged to solve the puzzle and escape the Coven Room in an hour, or less. Despite a great effort and excellent teamwork and communication, the group fell just short of escaping, completing 95% of the puzzle in the allotted time.



Pictured above (from left to right): Danielle Gapinski, Bureau County 4-H program coordinator; Ryley Aukes; Delaney Mallery; Haven Pierson; John Luke Carter; and Francis Morse, 4-H volunteer leader.

## STEAM Conference Held at Illinois Valley Community College

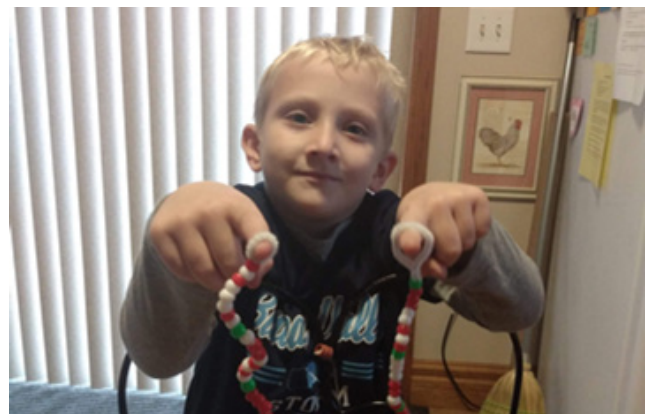
Hosted by LaMoille School District, the annual STEAM Conference took place in March. University of Illinois Extension 4-H participated in all four sessions, offering youth participants a virtual reality experience. Students used virtual reality goggles to explore various scenes, including lessons on dinosaurs and farming in other countries.



In November, Bureau County 4-Hers participated in a handknit blanket workshop for youth, ages 10-18, at the Extension office in Princeton. Participants wore masks and practiced social distancing.



Bureau Valley Brainstorm participants analyzed a mystery powder at the scene of a "crime," as imagined in the 4-H crime and spy curriculum. Several surprising reactions were observed before the young sleuths successfully identified the mystery substance as baking powder. Brainstorm is part of the monthly afterschool STEM program offered through a partnership between 21st Century grant sites and the Illinois Extension 4-H program.



Through state 4-H Innovation Grant funds, monthly STEAM kits were provided to libraries in Buda, Ladd, Tiskilwa, and Walnut. In the picture above, a student shows the binary code ornament he created using one of the seasonal STEAM kits at the Mason Memorial Public Library in Buda.



## 4-H Tech Changemakers

The 4-H Tech Changemaker program has shifted gears from offering in-person learning to creating digital how-to videos, including a Zoom security tips video. More videos are currently in development to assist adult audiences in staying connected safely and effectively during this time.

Other virtual 4-H events and offerings included:

- 4-H Make It: Macramé Workshop | Participants learned a brief history of macramé and created their own unique decorative hanging using the twine method.
- 4-H Easter Ham Donations | Using a modified approach to the Bureau County 4-H annual Easter basket donation project, 27 hams were provided to drop-off locations serving those in need in Wyanet and LaMoille.
- 4-H Visual Arts | Looking for a way to reach current and potential 4-H members during a time of social-distancing, Bureau County 4-H Program Coordinator Danielle Gapinski produced several visual art project videos. The featured projects required minimal materials and could be easily created at home. All projects were eligible for participation in the Bureau County 4-H Fair.
- Virtual 4-H Community Club Meetings | Bureau County 4-H Clubs remained connected through digital platforms to continue monthly meetings and project learning. 4-H leaders were instrumental in embracing this new way to connect!
- Illinois 4-H Virtual Fishing Fun Fest | 4-H members enrolled in a fishing project to test their skills against their peers from around the state in this one-of-a-kind online fishing competition. Weekly prizes of rods and reels were awarded.

## LaSalle County Virtual 4-H Show and Junior Fair

As LaSalle County 4-H began preparations for their traditional 4-H show, it became evident that due to the COVID-19 pandemic and restrictions on large gatherings, the 2020 4-H show would have to be virtual. Held July 19-23, the virtual fair allowed exhibitors to submit photos, videos, and reports for judges to view and provide feedback.







## 4-H Legislative Connection

Illinois 4-H annually participates in 4-H Legislative Connection. This exciting educational program is held at the Illinois State Capitol in Springfield. LaSalle County legislative spokesperson, Matthew Rich (pictured above on the right), is a member of the Dimmick Braves 4-H Club. Rich completed leadership training through the Speaking for Illinois 4-H program. He meets with Illinois legislators and other government officials to discuss important issues concerning Illinois' youth. As a 4-H youth leader, Rich schedules appointments with state senators and representatives and coordinates efforts to discuss local Illinois Extension 4-H programming.

## Dimmick Braves Participate in Barred Owl Project

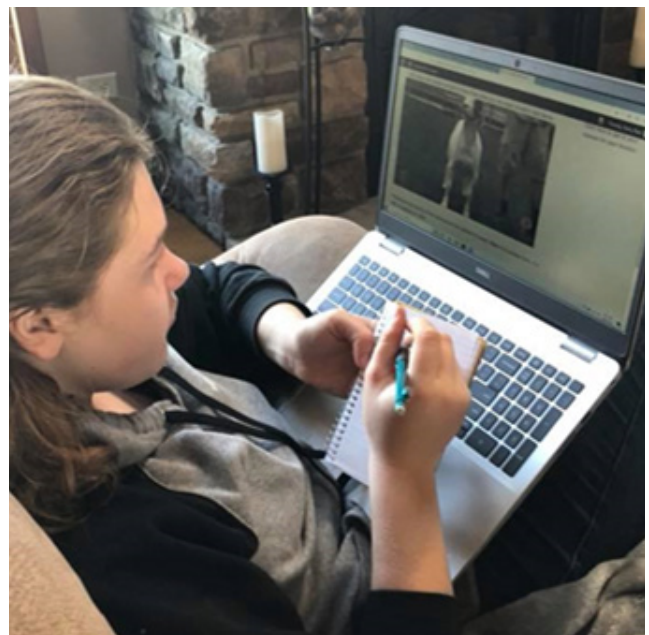
Members of the Dimmick Braves 4-H Club participated in this citizen science project that has been embraced by 4-H clubs in over 30 counties. The goal is to see which box design (one with a roof and one without) the barred owl prefers. Boxes were placed in a natural setting and monitored throughout the winter via trail camera.



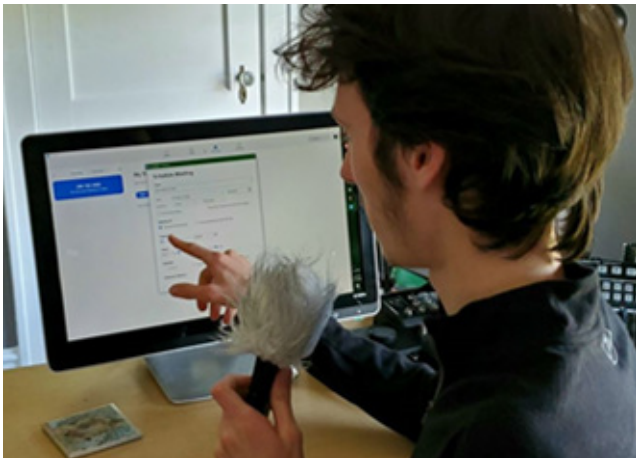
The LaSalle County 4-H Livestock Judging Senior Team recently participated in the Iowa Beef Expo. The livestock judging program teaches youth to identify breeds of livestock and helps them make decisions that improve their local herds. (Pictured left to right): Dalton Walter, Kara Freebairn, Emma Freebairn, and Cole Freebairn.

## Livestock Judging Continues

The LaSalle livestock judging team persevered despite being unable to gather in person for practice. Members continued to improve their skills through a variety of virtual 4-H trainings and competitions. Karly Reel (pictured below), a senior member of the LaSalle County 4-H livestock judging team, placed second in the senior division of the Purina Online Livestock Judging Contest.







## 4-H Tech Changemakers

Community groups, committees, and Extension volunteers in LaSalle County were struggling to maintain progress and communications during the pandemic. 4-H youth stepped in to help, sharing tips on how to simplify the Zoom meeting experience.

LaSalle County 4-H Tech Changemakers partnered with fellow Tech Changemakers in Bureau and Marshall/Putnam counties to create a training video that would assist local groups in holding virtual meetings via Zoom. Paige Kraml and Sam Castelli, digital ambassadors for the Tech Changemakers program, collaborated remotely to consolidate clips into a single training video. Matthew Rich and Kate Passwater assisted in creating audio instruction for the multi-county project.

## Adventures Afterschool

The Adventures Afterschool 4-H program recently packed cocoa cups with encouraging messages to donate to the local Public Action to Deliver Shelter in Peru. Myracle Johnson (pictured below right), president of the Pouncing Panthers 4-H Club and Adventures Afterschool Club, delivered the packs to Corrie, an employee at Peru PADS.



## Brookfield Aces 4-H Club

The Brookfield Aces 4-H Club overcame pandemic-related challenges to complete a holiday gift crafting activity for the Marseilles Aperia Nursing Home. The photos below show members creating the painted crafts and the nursing home staff receiving the gifts to be distributed to residents.



4-H Changemakers SPIN Club held their first session at the University of Illinois Education Center and Community Teaching Kitchen. The special interest club focuses on hands-on STEM activities, including Scratch and Makey-Makey.



4-H awards were distributed during a drive-through event in September. Recipients came to the Extension office parking lot, received their award, and had their photo taken in front of a custom outdoor backdrop. Gift bags, ribbons, and trophies were also distributed. The drive-through was a fun and safe way to recognize our outstanding 4-H youth!





## Marshall-Putnam Counties Virtual 4-H Show

4-H members in Marshall and Putnam counties had the opportunity to showcase their projects at the virtual 4-H show, held July 9-12.



Prior to the pandemic, Tech Changemakers prepared to go out into the community as digital ambassadors teaching lessons about online shopping, internet security, and how to use Microsoft products like Word, Power Point, and Excel.

## Marshall-Putnam 4-H Cloverbuds Learn Spiders Aren't So Scary

4-H Cloverbuds, youth ages 5-7, participated in a spider workshop in October at the Marshall-Putnam 4-H office in Henry. The Cloverbuds learned about the life cycle of spiders and all of the positive contributions they make to our environment.



## Wind Energy & STEM

In February, youth in the Henry-Senachwine afterschool program participated in a STEM Olympics engineering activity that saw the youth designing and constructing different projects from a pre-set kit of common materials. This multi-session program, reaching all first, second, and third grade students, taught participants about wind energy and the environment.



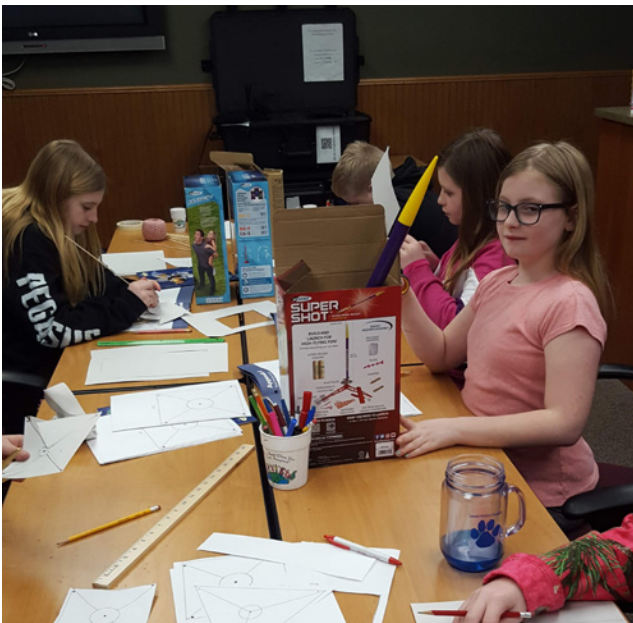




## 4-H Shooting Sports SPIN Clubs



The Air Rifle Club meets January through March at the Chillicothe Sportsman's Club. The Archery Club begins at the end of March. Plans for the Summer Sizzle Shoot Competition are in the works for 2021! Save the date cards have been mailed to all of last year's registrants.



## 4-H Aerospace SPIN Club

Aerospace club members were able to get a few meetings in prior to the COVID-19 pandemic. Members enjoyed creating and designing their own rockets, which they planned to launch and enter in the annual 4-H show.

## 4-H Officer Training

A multi-county officer training was held in November via Zoom. Youth learned parliamentary procedure, roles of the officers, how to make a meeting fun, and more. Breakout rooms were provided for each officer role to talk with other youth who held the same position. Several online resources were provided for youth to use in their 4-H club meetings.

## Marshall-Putnam 4-H Community Clubs

Due to COVID-19, 4-H clubs were encouraged to meet virtually and leaders were very excited by how well Zoom worked for this purpose. Many members participated in a county-wide community service project making masks for essential workers. Marshall-Putnam 4-Hers made over 100 masks. Their efforts were covered by local radio stations and newspapers.



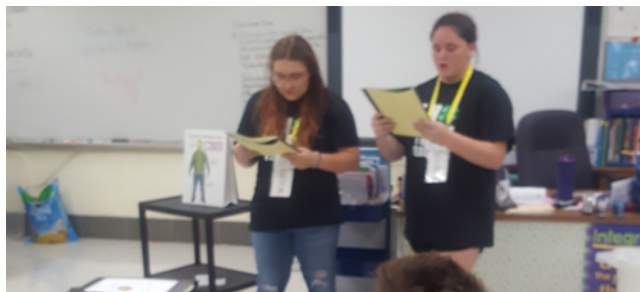
(left) Mask samples made by Ryan Carlson-Henry, Guys & Gals 4-H Club; (right) Quinn Postula, PC Progressors 4-H Club, with masks she made.



## 4-H Federation

4-H Federation is a county-wide opportunity for Marshall-Putnam 4-H members in eighth through 12th grade. In 2020, Federation hosted a scavenger hunt during National 4-H Week. Games, prizes, and food were enjoyed by all who attended. 4-H Federation also hosts annual 4-H and Cloverbud holiday workshops.





## Health Rocks

Health Rocks teaches young people the life skills needed to make healthy choices and to resist tobacco, alcohol, and drugs. Health Rocks Teen Teachers, who are students at Henry-Senachwine high school, present the program to sixth, seventh, and eighth graders. Thanks to a grant from the state 4-H office, the Health Rocks program recently purchased a set of swine lungs, which made a big impact on the participants.

## Health Jam

The Health Jam program started the year in person. Fifth graders at Midland Middle School received pedometers to track their steps for a walk across Illinois and were able to complete the lesson on stress prior to the transition to at-home learning. Although presenters were not able to visit the classroom to talk about healthy living, Susan Glassman, nutrition and wellness educator, recorded a lesson about reading and understanding food labels that was sent to teachers for use in their virtual teaching. Planned field trips to Perry Memorial Hospital and Pearce Center in Chillicothe were postponed due to COVID-19 restrictions.

## Drive-Through Awards Ceremony

Marshall-Putnam 4-H held a drive-through awards ceremony at the Marshall-Putnam fairgrounds on October. 4-H members were able to receive their awards from the 2020 4-H Virtual Show in a safe and controlled event. A specially decorated photo area was set up for members and clubs to take pictures with their ribbons and awards.



## Snack Attack

Students at Malden Grade School learned about healthy snacking strategies, including the difference between a snack and a meal and how to use the ChooseMyPlate system. They enjoyed activities that demonstrated how to read nutrition facts on food labels and measure out sugar in beverages.



## Vegi-Centric

Students in the LaMoille afterschool program were excited to make vegetable critters while exploring ideas about how to eat more vegetables. Vegi-Centric was the focus of this program for youth in grades K-8. Students listed ways they could eat more veggies, such as adding vegetables to spaghetti, or adding salsa to eggs. They also had the opportunity to learn about and taste lots of different vegetables.



## Cooking on a Budget

Students at Putnam County High School learned about life after graduation. At the beginning of the program, students didn't know how expensive food is. They learned ways to cut their grocery budgets through hands-on activities, including vegetable art, homemade ranch dressing, and fun salad designs. As one teacher commented, Extension "provided many different learning opportunities and engaged the students to think about the cost of food."





## Arthritis & Inflammation Webinar

Bureau County Home and Community Education members attended an arthritis and inflammation webinar hosted by Susan Glassman, nutrition and wellness educator. A demonstration highlighted foods that help reduce inflammation, such as dairy and berries. Participants learned to make a pie crust with cottage cheese and a zesty blueberry filling.



## Getting The Most Out of Activity Trackers

Nutrition and wellness educators offered a Health at Home webinar series during the pandemic. The six-week series covered a variety of health and wellness topics. Susan Glassman, nutrition and wellness educator, facilitated the chronic disease prevention program, Every Step Counts. She offered current research on activity trackers and the importance of daily activity to reduce the risk of chronic disease and promote lifelong health.

## Are You Able to Read the Label?

Throughout the spring, while students were learning remotely, Nutrition and Wellness Educator Susan Glassman provided a series of recorded webinars for third through sixth grade students in the 4-H Health Jam Program. Students learned to identify parts of the U.S. Food and Drug Administration nutrition facts label. Lessons included USDA examples of nutrition labels, videos, and activities focused on daily health and nutrition.



## Abriendo Caminos: Clearing the Path to Hispanic Health

During her visit in February, Dr. Teran-Garcia of the University of Illinois Family Resiliency Center, trained Extension's team of volunteers to facilitate Abriendo Caminos: Clearing the Path to Hispanic Health. Taught in the Spanish language, the program emphasizes "mas" and "menos," which mean more and less, in adult and child nutrition, family time, and physical activity each week. Student helpers from Hall High School helped keep the program running smoothly. The families who participated practiced healthy lifestyle changes to reduce the obesity rate among Hispanic youth.



Abriendo Caminos was offered in person until the stay-at-home order required a change. Glassman brought the Abriendo Caminos volunteers and Dr. Teran Garcia together via Zoom, so that the program could move ahead with online education modules. Families were so grateful for the team's efforts to continue the program in April. Extending a hand outward helped families continue their healthy lifestyle changes during the pandemic and volunteers felt that they were able to finish their work. When it is safe for the group to meet in person again, they will commemorate the end of Abriendo Caminos with a fiesta, celebrating their new knowledge and healthy choices together.





## Regional Beef Cattle Meeting

The 2020 Regional Beef Cattle Meeting was held in January. Speakers were Travis Meteer, Extension specialist and commercial agriculture beef educator (pictured above, standing), Russ Higgins, Extension commercial agriculture educator, and Dr. Buzz Iliff, Wyoming Veterinary Service. Topics covered in the meeting included calving season tips, biosecurity on a cattle farm, agronomic factors for high-producing pastures, utilizing cover crop forages in beef cow rations, successful heifer development programs, and updates to Illinois performance-tested bull sales.

## Soybean Research Partnership



(left to right) Willard Mott, IVCC ag coordinator; Katheryn Seebruck, IVCC ag instructor; and Daryle Wragge, Illinois Extension ag program coordinator.

In 2020, University of Illinois Extension partnered with Illinois Valley Community College and IVCC tenant farmer Luke Holly for a soybean research project. The portions of IVCC farms designated for demonstration and research were all planted to soybean. One plot, planted on June 5 with Pioneer P28T14E, compared soybean planting populations. Harvest took place on October 13. The team plans to expand projects and share results in 2021, and they look forward to future cropping years.



Russ Higgins, Extension Commercial Agriculture Educator, leads research demonstration plot.

## Commercial Agriculture Education

Private Pesticide Applicator Training and testing sessions were held in 2020 to teach safe handling and application of restricted use pesticides. The Illinois Department of Agriculture provided testing at each of the sessions.

Additionally, the University of Illinois Extension Bureau-LaSalle-Marshall-Putnam Unit offered the following programs and certification opportunities to area ag producers and certified crop advisors in 2020:

- Tile & Water Management Seminar
- Bee Production Management Night
- Regional Beef Cattle Meeting
- Small Farms Winter Webinar Series
- Agronomy Night — Bureau, LaSalle, Marshall, and Putnam Counties
- Soil & Water Management Webinar for Certified Crop Advisors
  - Extreme Weather Trends & Potential Soil Impacts
  - Controlled Burns, Soil Quality, & Management Around Cropland
  - Irrigation & Water Use Reporting
  - In Field Drainage Water Management Using Control Structures
- Field Research on Cover Crops & Soil Quality



Extension agriculture programs are made possible through cooperation with local farm service agencies and the ag industry. Partners include Farm Bureau, Natural Resources Conservation Service, Soil and Water Conservation District, Soil Health Partnership, Illinois Valley Community College, and others. We are grateful for these collaborations that serve our area's farmers and producers.



## Marshall-Putnam Ag in the Classroom



Molly and Madison Knapp of Magnolia enjoy their lesson about seeds from Marshall-Putnam Farm Bureau and University of Illinois Extension. (Photo provided courtesy of Marshall-Putnam Farm Bureau.)



Chase and Cooper Hatten took their Let's Grow at Home Ag Bag to the next level by planting leftover seeds in egg cartons, so they could eventually move the plants to their garden.



Fruit cup chicks were included in the "Why Did the Chicken Cross the Road?" Ag Bag education kit.



## It's a Bug's Life

Youth participating in the It's a Bug's Life program at Putnam County libraries learned about insect body parts by building their very own bug with playdough, googly eyes, pipe cleaners, pom poms, and other craft objects. They also learned to classify insects using those body parts. The participants talked about the environments in which insects live and how they survive. After discussing habitats, youth learned about how insects can be helpful to farmers, gardeners, and everyday people. Pictured above: Beau, a participant from Magnolia, builds his insect with a little help from Abrienne Holler, Extension Ag in the Classroom community worker.

At-home chick hatching was a success! A video of one of the eggs hatching was posted on the 4-H Facebook page.



Ag Bags were one of Extension's creative methods for providing ag education to youth during the pandemic. Kits were sent to all Marshall-Putnam area schools. The National Start Seeing Monarchs Day Ag Bag included supplies and instructions for building a butterfly house.







## Master Gardener & Master Naturalist Program Highlights

The Master Gardener programs in Bureau, LaSalle, Marshall, and Putnam counties contributed a total of 1,063 hours of service in 2020, with 36 volunteers working at community service project sites throughout the counties.

Master Naturalists in Bureau, LaSalle, Marshall, and Putnam counties offered 22 volunteers who contributed a total of 1,257 service hours in 2020.



2,320

MG and MN Volunteer Hours



\$58,994

Value of Volunteer Time to Local Communities and Residents



State Master Gardener Candice Hart delivers the keynote address on the Urban Tree Program at the 2020 Growing Together Seminar, hosted by University of Illinois Extension at IVCC.

## Growing Together Spring Seminar

The Growing Together Seminar, held at Illinois Valley Community College in February and open to the public, was a big success. The seminar featured 14 speakers, 10 vendors, two exhibitors, and drew 141 participants. Attendees chose from 16 classes, covering a variety of horticultural and natural resources topics, over four sessions.

## Master Gardener Online Training

Online training for Master Gardener interns was offered three times in 2020 (spring, summer, and fall/winter), and recruited 21 new volunteers for the Bureau-LaSalle-Marshall-Putnam program. Following the in-depth training, interns work with Master Gardeners to complete community service projects as they transition to Master Gardener volunteers.



Master Gardener Mike Schmidt donates sweet corn to the Give Back Gardening Project at the Ottawa Community Food Basket.

## Master Gardener Community Impacts

- 26 educational programs delivered to youth and adults
- 12,307 pounds of produce donated to local food pantries through the Plant-A-Row project
- 910 pounds of produce donated to local food pantries through the Give Back Gardening Project
- 2,000 plants and hundreds of seed packets donated to families through the Healthy Gardening Project
- 100+ call-in questions from the public addressed
- Environmental stewardship projects conducted with six area partners
- Educational programming delivered to 141 participants in the 2020 Growing Together Spring Seminar

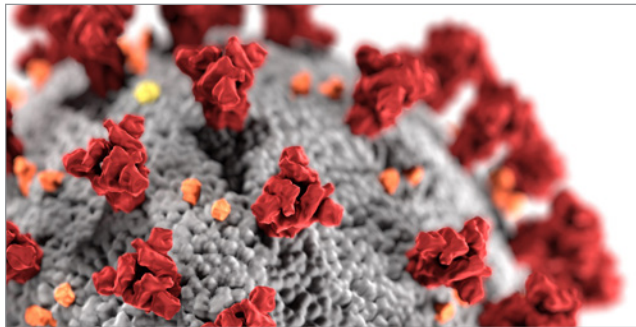
## Master Gardener Robbin Keenan Wins State Outstanding Master Gardener Award



Master Gardener Robbin Keenan was selected to receive the Outstanding Master Gardener state award for 2020. Keenan was recognized during a virtual state awards program on October 2.



Each year, elected and appointed government officials and administrators from across the state improve their knowledge and skills through professional development opportunities offered by University of Illinois Extension. In 2020, over 7,800 local government officials, public sector professionals, and community leaders participated in webinars and accessed recorded programs.



## COVID-19 Extension & Partner Resources

The spread and mitigation of COVID-19 is an evolving concern for Illinois. Extension created a collection of resources to help families and community leaders prepare for and cope with COVID-19.

## Local Community & Economic Development Support

In the fall of 2020, the Central Illinois Community Convening on Coal Plant Transition Planning contributed to both local and statewide understanding of the issues and impacts associated with coal-powered plant closures in central Illinois. Kathie Brown, Extension community and economic development educator, coordinated and led the discussions. State agencies, legislators, and local stakeholders engaged in conversations regarding community impacts from closures. The state and federal offices of the Environmental Protection Agency, Department of Commerce and Economic Opportunity, state representatives, and community leaders engaged in conversation with the Just Transition Fund, Prairie Rivers Network, and University of Illinois Extension. The goals continue to be focused on sharing information among communities to support transition planning and mitigate the economic impacts of plant closures.



[extension.illinois.edu/global/resources-responding-covid-19](https://extension.illinois.edu/global/resources-responding-covid-19)

## Streator Incubator Feasibility Study & Business Plan

The Streator Incubator Feasibility Study was conducted during the spring semester by students in the Illinois Business Consulting program at the University of Illinois Gies College of Business, with support from the Economic Development Association's University Center and University of Illinois Extension's community and economic development team. Extension provided technical assistance and recommendations on community needs assessment, conducted field research, identified community case studies, and conducted key informant interviews. Kathie Brown, Extension community and economic development educator, coordinated and led the program, with project support from Extension County Directors Jill Guynn, Bureau-LaSalle-Marshall-Putnam, and Bobbie Lewis-Sibley, Livingston-McLean-Woodford. Along with the EDA Center, Extension participated in weekly meetings as advisors to the IBC student team and the Streator Incubator client. Completion of this planning process created a great opportunity for learning. Members of the Streator Incubator Board and others gained practical ideas for enhancing incubator services that will strengthen new business start-ups in both Livingston and LaSalle counties. Most importantly, this work provided information needed to pursue both federal and state grant funding opportunities.

## Virtual Multi-Agency Resource Center

Susan Glassman, nutrition and wellness educator, and Carrie McKillip, community and economic development educator, provided unbiased, research-based information and materials to help residents affected by the DePue flooding in the summer of 2020. Illinois Emergency Management Association requested that Extension serve as part of Illinois' Virtual Multi-Agency Resource Center team providing support services to people in need. Various health and food safety information and Extension Disaster Education Network resources were provided to the community. Glassman and McKillip also coordinated with the Selby Township Librarian to make information available to DePue community groups on Facebook.







The University of Illinois Extension Multi-County Unit Council provides leadership to educational programming for Bureau, LaSalle, Marshall, and Putnam counties.

## Multi-County Unit Council

Six individuals were recognized for four years of dedicated service on the area's University of Illinois Extension Multi-County Unit Council. Bureau County representatives Hugo Heredia, Monico Nunez, Francis Morse, and Lynne Weber completed terms of service, along with LaSalle County representatives Teri Rossman and Steve Tuftie. Chris Dvorak, council president and chair, highlighted the outstanding service provided by these outgoing council members at a meeting on October 27.

Home and Community Education Boards partner with University of Illinois Extension to support local 4-H youth development programming and county education for adults.



The Bureau County HCE Association plans educational programming for youth and adults in their county.

## Council Purpose

- University of Illinois Extension Multi-County Unit Council members provide leadership in shaping the vision for Extension in support of citizens in Bureau, LaSalle, Marshall, and Putnam counties.
- Members represent their county and serve as a catalyst, providing input on local issues, needs, and concerns that can be addressed through Extension's unbiased and research-based educational programs and services. Council members are advocates who promote and connect local people to Extension's educational programming. The council meets on a regular basis to oversee programming and finances.

## 2020 Council Officers

- Chris Dvorak (LaSalle County), President/Chair
  - Beth Acuncius (Putnam County), Vice Chair
  - Judy Wright (Bureau County), Secretary
  - Brandy Sandberg (Putnam County), Financial Reporter
- Additional council members are listed on page 19.



The LaSalle County HCE Board discusses county-wide programs delivered locally by HCE associations.



## SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

SNAP-Ed works with Illinois families in need to make the healthier choice an easier choice. Through classes, workshops and collaboration with community partners to adopt research-based solutions encouraging healthier nutrition and activity choices, SNAP-Ed positively affects families and communities.

In 2020, SNAP-Ed virtual education and resources:



Addressed community partner needs by providing resources and collaboration opportunities



Provided live, virtual classes families could join from their own phone, tablet, or computer



Distributed print materials to families on topics such as recipes made with common pantry ingredients



Increased reach via social media, text, and e-news with relevant nutrition and activity information



Created a new community food resource map, Find Food Illinois, on the Eat. Move. Save. website

*During classes, I encourage participants to set healthy goals for themselves. One woman made a goal to eat less sugar. At our next nutrition lesson together, she said she felt better and had already lost one pound!*

- Tim McNally, SNAP-Ed community worker

## SNAP-Ed Community Partnerships



22  
K-12 Schools



5  
Early Childhood



17  
Agencies or Community Centers



9  
Emergency Food Sites

## Grant Provides Signage

Many area food pantries established drive-through or pick-up models to minimize contact during the pandemic. Through a special grant, Extension provided outdoor signs and reusable banners with healthy messages to local pantries. This was one way for Extension to support partners during this difficult time.



Hall Township Food Pantry  
in Spring Valley



Henry Food Pantry in Henry



Illinois Valley Food Pantry  
in LaSalle



Mendota Area Christian Food  
Pantry in Mendota



Tri County Opportunities  
Council in Princeton



Koinonia Food Pantry  
in Lacon





Community Worker Tim McNally  
(left) with a club participant.

## Virtual Walking Club

Participants in the Every Step Counts program attended a virtual class where they learned about current research on activity trackers. The class kicked off a new virtual walking club pilot program. Participants set SMART goals, including how many steps they planned to walk each day. The group met for six weeks during lunch to celebrate accomplishments and discuss challenges. They tracked progress and gained an awareness of the benefits of walking. Many commented that feeling accountable to the group helped them achieve their step goals.



## Cooking for One or Two on a Budget

The Illinois Valley Herb Guild learned about cooking for one or two people within a budget. A virtual class exploring current diet trends highlighted pros and cons of the paleo, Keto, and Whole30 diets and compared them to the DASH and Mediterranean diets. Participants learned how to distinguish between healthy lifestyle programs with realistic changes and quick fad diets.



## Exploring Current Diet Trends



## Back on Track Diabetes Support Group

The Back on Track diabetes support group met via Zoom in May. Members of this group, which has been meeting since March 2018, attend meetings to gain support for managing both type 1 and type 2 diabetes. To date, the group members have never missed a meeting, continuing to meet virtually during COVID-19. Discussion during the most recent meeting included avoiding risks, managing meals, and staying active while staying at home. Most group members felt they were managing their diabetes well, despite the year's unique obstacles.

## Live Well Streator

Live Well Streator's focus areas include decreasing the obesity rate and increasing an active lifestyle, a good fit with the goals of Extension's nutrition and wellness program. The two organizations plan to collaborate on community programs and other activities to benefit the town of Streator. Live Well Streator values the work that Extension has produced in the pandemic as a trusted local resource and commended Extension for being a leader during this time.



Nutrition and wellness worked with 4-H this summer to judge food projects in all three of the unit's virtual 4-H fairs.



In 2020, University of Illinois Extension generated \$879,362 in grants and other funding sources to provide additional services to residents of Bureau, LaSalle, Marshall, and Putnam counties. These programs and services are only available to our area because of the local University of Illinois Extension presence.



- \$763,470 Grants & Other Funds
- \$75,000 Federal Smith-Lever Funds
- \$6,505 Computer Technology Support
- \$34,387 General Revenue Funds



- 45% Local Donations
- 3% State 4-H Premiums
- 18% Local Non-Matching Sources
- 29% State Matching Funds
- 1% Grants in Budget
- 4% State General Revenue Funds/IDOA



- 4% Travel
- 21% Program
- 12% Rent
- 63% Wages



Our state matching funds have varied since July 2015, due to the state budget situation. We have received payments for some years, but not all. We are using our emergency funds and help from the state Extension office to cover this funding gap.

## County Extension Director

Jill Guynn

## Educators

Beth Dellatori, 4-H Youth Development

Susan Glassman, Nutrition and Wellness

## Program Coordinators

Danielle Gapinski, 4-H Youth Development, Bureau County

Jani Kidd, SNAP-Ed

Diana Lopez, 4-H Latino

Toni Pienta, 4-H Youth Development, LaSalle County

Anne Scheel, 4-H Youth Development, Marshall-Putnam Counties

Sherry Todas, SNAP-Ed

## Community Workers

Leigh Ann Delaney, SNAP-Ed

Abrienne Holler, Ag in the Classroom, Marshall-Putnam Counties

Shasta Hladovcak, SNAP-Ed

Tim McNally, SNAP-Ed

Tina Pienta, SNAP-Ed

## Office Support Specialist

Stacie Mertes, Unit 8 Fiscal

## Office Support Associates

Barb Krug, LaSalle County

Marilyn Smith, Marshall-Putnam Counties

Brooke Welte, Bureau County

## Extra Help

Bonnie Burkman, Special Projects

Lynn Delaney, Marketing & Fund Development

Aaron Lindstrom, 4-H STEM/STEAM

Meg Overocker, Unit Extension Program Coordinator

Daryle Wragge, Agriculture Program Coordinator

## 2020 Multi-County Unit Council Members

Beth Acuncius

Lisa Palm

Chris Dvorak

Kindra Pottinger

Hugo Heredia

Terri Rossman

Luke Holly

Brandy Sandberg

Jeremy Jenkins

Carla Schaer

Mike Kasap

Steve Tuftie

Alicia Lopez

Lynne Weber

Francis Morse

Judy Wright

Monico Nunez



---

## OFFICE INFORMATION

### **Bureau, LaSalle, Marshall & Putnam Unit Office**

Illinois Valley Community College  
815 North Orlando Smith Road  
Oglesby, IL 61348  
815-224-0889

### **Bureau County Extension Office**

850 Thompson Street  
Princeton, IL 61356  
815-875-2878

### **University of Illinois Extension Education Center & Community Teaching Kitchen**

944 First Street  
LaSalle, IL 61301  
815-250-0372

### **LaSalle County Extension Office**

1689 North 31st Road  
Ottawa, IL 61350  
815-433-0707

### **Marshall-Putnam Extension Office**

509 Front Street  
Henry, IL 61537  
309-364-2356

---

## ONLINE



[facebook.com/blmp4H](https://facebook.com/blmp4H)



[extension.illinois.edu/blmp](https://extension.illinois.edu/blmp)

Cover photos: (top left) Brooklyn Ganschow, Walnut Winners 4-H Club, holds her senior buck that won Champion Mixed Breed in the 2020 Bureau County Virtual 4-H Show; (top right) Tenley Pyszka, LaSalle County Dimmick Braves 4-H Club, shows her floriculture exhibit herb garden project; (bottom left) Tristen Catton-Bass, Saratoga Leadaways, shows his horse project; (bottom right) Youth use virtual reality goggles to explore various scenes at the STEAM Conference.

# 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, please contact the event coordinator. Early requests are strongly encouraged to allow sufficient time to meet your needs.

The Illinois Nutrition Education Programs are funded by the Supplemental Nutrition Assistance Program (SNAP) and Expanded Food and Nutrition Education Program (EFNEP).

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.