



2017 Impact Report

UNIVERSITY OF ILLINOIS EXTENSION
SERVING LOGAN, MENARD,
& SANGAMON COUNTIES

I ILLINOIS

Extension

COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES



ILLINOIS

Extension

Staff Directory	3
SNAP-Ed	4
Ag in the Classroom	6
Horticulture	8
Ag & Natural Resources	11
4-H Youth Development	12
A Visit from the Dean	19
Financial Report & Council	20
The Year in Photos	21

Cover Photos

(t.l.) Menard County 4-H member with her rabbit at the county show

(t.r.) Metro 4-H member having fun at the 3-D printing workshop

(b.l.) A Logan County 4-H member proudly exhibits during the Logan County Fair

(b.r.) Sangamon Master Gardener repotting plants

(back cover) Some of the exhibitors at the Sangamon County 4-H Swine Show



A Note from the Director

I am very excited to be your new County Extension Director. Let me take a moment to introduce myself. I grew up in Nokomis and began my career teaching high school. I hold a Master of Public Administration from University of Illinois Springfield, and prior to accepting this position, I managed communications for Extension Unit 18.

I am a proud 4-H mom with both of my daughters, Alexandra and Lauryn, being active members of 4-H. I live on a farm with my girls and our furry (and feathered) friends. I have a deep appreciation for education and believe knowledge is key to solving societal challenges.

As this report illustrates, Extension is working every day in our community to change lives. I am grateful to be part of such an exceptional organization and the wonderful communities we serve.

I encourage anyone with questions, suggestions, and concerns to reach out to me by contacting the Logan County Extension office at (217) 732-8289, Menard County Extension office at (217) 632-7491, the Sangamon County Extension office at (217) 782-4617, or by sending me an email to terrim@illinois.edu

It has been wonderful getting to know many of you already and I hope you enjoy learning more about what we do.

Thank you so much for your support,

Terri Miller, MPA

County Extension Director
Serving Logan, Menard, and Sangamon Counties





Staff Directory



Terri Miller
County Director



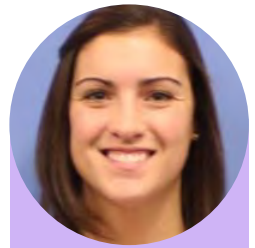
Carrie Winkelmann
Community Worker,
Ag in the Classroom



Carissa Akpore
Educator, 4-H Youth
Development



Erica Austin
Educator, 4-H Youth
Development



Kayla Swarr
Educator, SNAP-Ed



Shirley Schwing
Office Support



Jennifer Fishburn
Educator, Horticulture



Amy Hyde
Coordinator, 4-H
Youth Development



Patty Huffer
Coordinator, 4-H
Youth Development



Sarah Carr
Community Worker,
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Sandy Duncheon
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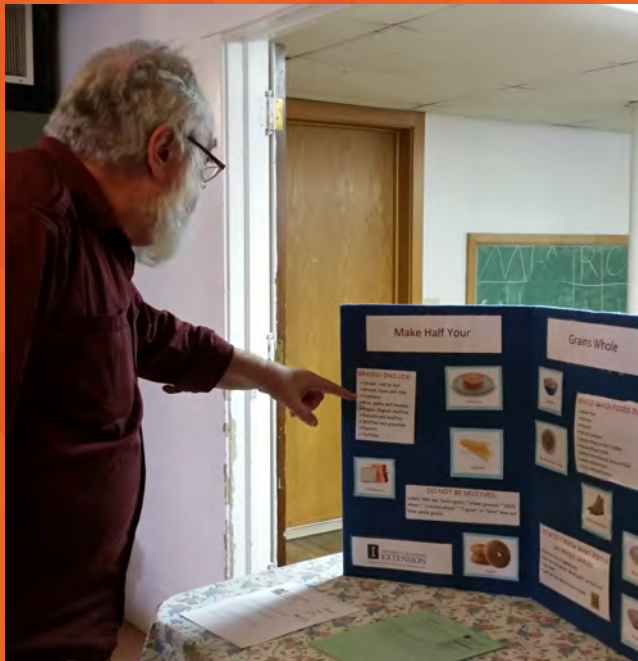
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Healthy Lunchrooms, Healthy Kids

The Smarter Lunchrooms Movement was created to provide schools with the knowledge and resources needed to build a lunchroom environment that makes healthy food the easy choice. Smarter Lunchrooms strategies are free or low-cost solutions that nudge students to voluntarily select the healthiest food in the lunchroom. These changes can see less waste, higher participation, more satisfied students, and increased consumption of important nutrient-rich foods. This program is an opportunity for kids to select and consume a balanced diet.

Each intervention is designed specifically to a school's needs. Some strategies include creating descriptive names for menu items, teaching students how to grow their own food, and involving students in the creation of artwork to promote menu items. One Springfield school saw a 30% increase in vegetable consumption by giving descriptive names. Extension can provide assistance in the evaluation and the implementation of intervention strategies in the cafeteria.



A client at Kumler Food Pantry in Springfield is learning why it's important to eat whole grains and how to recognize foods that contain whole grains. Food pantries at Kumler Outreach Ministries and Auburn are visited weekly to educate SNAP eligible individuals about ways to make healthy choices.



These enthusiastic kids dance their way to healthy eating during a SNAP-Ed Organwise Guys program.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-Education)

SNAP-Education works with limited-resource audiences to make healthier choices where they eat, shop, live, play and learn in their communities. Through classes and workshops, and by working towards policy, systems, and environmental changes, SNAP-Education positively impacts the nutrition and activity choices of people and communities we serve.

Serving Local Residents



2,664

Total SNAP-Ed Participants



899 (34%)
Adults



1,765 (66%)
Youth



59 (2%)

Participants Who Identified as Hispanic

RACE OF PARTICIPANTS

- 65% White (1,736)
- 34% Black (896)
- 1% American Indian or Alaska Native, Asian, or Native Hawaiian or Pacific Islander (32)

Our Partners



19

K-12 Schools



3

Community Centers



5

Youth Centers



3

Early Childhood Centers



16

Food Pantries and Food Banks



These youth completed the Illinois Jr. Chefs program and are all smiles with their certificates!

Illinois Jr. Chefs

Illinois Jr. Chefs is an exciting, hands-on way for kids to learn valuable skills in the kitchen. The program, aimed at elementary children ages 7-13, teaches everything from food safety and kitchen sanitation to measuring and chopping food. All of the recipes are prepared by the participants and incorporate basic healthy eating concepts like reducing added sugar and adding flavor with herbs and spices.

This fun series of classes aims to enhance kids' natural sense of curiosity in the kitchen, while helping them to develop and master skills that can be utilized in their day-to-day life, as well as possibly in future careers. Illinois Jr. Chef classes are presented by University of Illinois nutrition staff.



This participant in Illinois Junior Chefs is learning how to safely cut fresh vegetables to make a healthy salsa!



Meet "Little Organ Annie" and the other characters of OrganWise!

OrganWise Guys is an in-school health and wellness program utilizing a doll with removable organs to teach about the body and ways in which we can keep ourselves healthy and active. Pair this program with the accompanying activity segment called Wisercise, which incorporates math, language arts, and health information into fun classroom exercises, and at-risk schools around the capital city get a comprehensive introduction to the human body and its amazing capabilities.

OrganWise Guys curriculum meets state teaching standards and is in line with Common Core curriculum for Illinois. Health and Wellness programming is also presented at parent nights, school health fairs, and afterschool programs.



Menard County Ag Discovery Day

Speakers from all over Menard County came together to present at the 13th Annual Ag Discovery Day. Sponsored by the Agricultural Education Partnership and the Menard County Farm Bureau, 200 Menard county 5th graders were present to hear talks on a wide variety of agriculture-related topics.



Logan County 4-H Teen Teachers present Ag in the Classroom

The teen teacher program has been a highlight of the Logan County AIRC Program for the last two years. Students working with staff members Amy Hyde (AIRC), Carissa Akpore (4-H), and FFA Advisor/Ag Teacher Penny Haase-Wittler have come up with programs and ideas to teach students more about agriculture. In times when we are very short of ag educators, this group of young people is leading the way.



Sangamon County Agventure Barn

The Agriculture in the Classroom program has been working with the Sangamon County Farm Bureau for over 15 years taking farm animals off the farm and to area schools with the Agventure Barn. For two weeks each year, once in the spring and once in the fall, educators and volunteers schedule schools for visits. Classrooms come out to spend time with the animals and hear from presenters and farmers about how farm animals help feed and clothe people everywhere. The barn has visited roughly 60,000 students in Sangamon County schools since its inception.



Menard County Farm to Table Program

Staff spent the month of May doing a Farm To Table program that tied together all of the lessons taught during the year. Students worked as a class to move products from the farm to the table to help make the connection between the farm, transportation, processing facilities, and the grocery store. Students came away from the game with a well-rounded look at farming as a whole.



A few snapshots of our many educational tours during the Summer Agriculture Institute



TEACHING AREA TEACHERS Farm Field Trips

SUMMER AGRICULTURE INSTITUTE

Each year Agriculture in the Classroom hosts a Summer Agriculture Institute. During the program, area teachers tour ag-related locations and hear from relevant speakers on various topics concerning agriculture.

The following local businesses, farmers, and their families hosted our group of 13 teachers this year. Many sites have been helping every summer for 12 years:

- › Jeff Smith, Easton
- › Kyle Winkelmann, Tallula
- › Ramsey Grain, Rochester
- › Rich Ramsey Beekeeping, Rochester
- › Krone Tree Farm, Riverton
- › TriPork, Elkhart
- › Remington Seed, Lincoln
- › Irwin's Dairy Farm, Beason
- › Gail's Pumpkin Patch, Beason
- › Little Grove Farm (Gellerman), Petersburg
- › Hill Prairie Winery, Oakford
- › Dowell Quarter Horses, Greenview
- › Seaneys Farms Produce, Tallula

The following speakers presented:

- › Kevin Daugherty, Illinois Ag in the Classroom
- › Julie Blunier, Illinois Soybean Association
- › Eileen Urish, Illinois Pork Producers Association
- › Candy Katchmar



Pollinator Pocket Education

Pollinators are in perilous decline for a myriad of reasons including loss of native areas. Gardeners can be a positive influence on pollinator populations and diversity by planting pollinator-friendly gardens. The University of Illinois Extension Logan-Menard-Sangamon unit horticulture educator along with Master Gardener and Master Naturalist volunteers provided several pollinator pocket-related programs.

The term “pollinator pocket” was created by Champaign-Ford-Iroquois-Vermillion Unit volunteers. In the past few years, five of our gardens were labeled as pollinator pocket gardens. These gardens included Prairies to Perennials in front of the extension office in Springfield; Idea demonstration garden located on the Illinois State Fairgrounds; native planting at Oasis Center in Lincoln; Ostermeier Wildflower Garden at Lincoln Memorial Garden; and Dana-Thomas House prairie garden.

In addition to creating pollinator pocket gardens with labeled plants, volunteers held several pollinator programs. These programs included Creating a Pollinator Pocket Garden and Inviting Pollinators to Your Backyard. At this year’s Illinois State Fair, agriculture tours were held twice a day. The Master Gardener Demonstration Garden was included as a tour stop. Volunteers provided a short, two-minute program on The Importance of Pollinators. A Pollinator Pocket brochure was the handout given to each participant. The unit-wide horticulture blog titled Prairies to Perennials features gardening information including several articles on prairie plants and pollinators. In addition, the unit along with the Lincoln Land Beekeepers association offered a five-night series on Introduction to Beekeeping. The forty participants in this program learned about gardening for pollinators, the life of a honeybee, and steps to start a beehive.



One of the fun ways that the Pollinator Pocket education was shared with the public included a photo opportunity sign that was created as a collaboration between Horticulture and 4-H. It has been traveling to educational events and gardens beginning with the Illinois State Fair Demonstration Garden tours; then, it was used at the 2017 Indian Summer Festival at Lincoln Memorial Garden during Extension family programs, and currently it is residing at the Children’s Garden at the Henson Robinson Zoo in Springfield.

Russell Allen Garden Day

The University of Illinois Extension Logan County Master Gardener volunteers hosted the sixth annual Russel Allen Garden Day in 2017 at Lincoln College. The event featured various gardening presentations, as well as displays by area plant and gardening societies. The event was attended by 70 people. The day is in honor of Russel Allen, a charter member of the Logan County Master Gardener volunteer program.



Subscribe to the Prairies to Perennials blog and get garden tips delivered to your inbox: web.extension.illinois.edu/lms/eb403/



State Master Gardener Awards

Master Gardeners receiving the Sustained Excellence Award have volunteered as Master Gardeners for at least three years, have previously received the State Outstanding Master Gardener Award, and have completed at least 300 hours of service since receiving the Outstanding Master Gardener Award.



Sherry Park

(Volunteered more than 480 hours.) Sherry Park of Loami became a Master Gardener volunteer in 2005. She received the State Outstanding award in 2009. Sherry currently chairs the Prairies to Perennials garden committee. This pollinator-

friendly garden is located in front of the Springfield Extension office. She enjoys giving public presentations about gardening with native prairie plants. Previously, Sherry chaired the Perennial garden committee for two years.

Statewide, fewer than 2% of active Master Gardeners in the state receive the State Outstanding Master Gardener award. Master Gardeners who receive this award must be an active participant in the program, demonstrate leadership, and have volunteered more than 180 hours of service to the

program. 2017 Sangamon County recipients included Susan Hack and Denny Kirchner. Susan Hack of Springfield became a Master Gardener volunteer in 2006. She has chaired the Fruits and Vegetable demonstration garden for two years. In addition, Susan



Susan Hack

volunteers to promote Plant a Row for the Hungry by leading a community garden in which produce is donated to a local food pantry. Denny Kirchner of

Springfield became a Master Gardener volunteer in 2012. He served as chair of the Herb Garden committee for three years. Other volunteer activities included serving on the Horticulture Advisory committee and Iles House garden committee.



Denny Kirchner



Kern Receives Master Gardener Award

In 2017, Mary Kern of Rochester was awarded the Dick Lewis Memorial Award for the University of Illinois Extension Sangamon and Menard counties Outstanding Master Gardener of the Year. The Dick Lewis Memorial Award is awarded to a Master Gardener with three or more years of outstanding service to the Master Gardener program.

Mary completed the Master Gardener training program in 1984; since then she has volunteered more than 1,040 hours. In 2006, she received the State Outstanding Master Gardener award. She has served on the Garden Day committee (formerly called Home Beautification Day) since it started in 1985. In 2002, Mary was instrumental in starting a garden therapy project at St. Joseph nursing home. She served as chair of this project for two years and continues to assist with leading weekly activities with residents.

Other projects that Mary has enjoyed helping with include Garden Shed Sale, Master Gardener Advisory group, and Imagination Station Children Garden at Henson Robinson Zoo. Mary is a great leader and is always willing to help out when needed. Congratulations Mary!



Master Gardener Program



136

Volunteer Master Gardeners



8,511

Volunteer Hours



\$205,456

Value to Communities

There are currently 136 Master Gardener volunteers in Logan, Menard, and Sangamon counties. More than 8,511 hours of volunteer service time were reported by volunteers in the past program year. Projects included demonstration gardens, Children's Garden at Henson Robinson Zoo, pollinator garden at Dana-Thomas House, heirloom vegetable garden at Lincoln Home National Historic Site, composting demonstration, answering home garden questions at Farmers Markets, small fruits demonstration garden, garden programs at Oasis Center, Plant a Row for the Hungry, and many others. The group also continues their education through field trips, workshops, and distance-delivered educational programs.



One ongoing project for the Master Gardener volunteer is the Lincoln Home National Historic Site Heirloom Garden. Volunteers greet visitors and inform them about gardening in the 1860s.



Led by Christopher Evans, Forestry Extension and Research Specialist, Unit 16 Master Naturalists take a walk as they learn about native and invasive tree species at Carpenter park.

Master Naturalist Program

The Master Naturalist Program continues in the unit as well. This past year 39 master naturalist volunteers reported 3,150 volunteer hours. This group of volunteers actively educates the public about native plant selections and identification of invasive plants. Projects include a native plant demonstration garden at Lincoln Memorial Garden, leading trail hikes to educate youth and adults about the process of making maple syrup and tree identification, feederwatch and bird surveys, and environmental stewardship. Unit 16 partners for this program include Adams Wildlife Sanctuary, Lincoln Memorial Garden, Friends of Sangamon Valley, Logan County Park and Trails Foundation – Kickapoo Creek Park, and U of I Extension.



39

Volunteer Master Naturalists



3,150

Volunteer Hours



\$76,041

Value to Communities



Carzella Pritchett, owner of a small ruminant and beef cattle grazing operation, explains steps that go into managing her farm.

Small Farm Grazing Operation Pasture Walk-Sangamon County

The public was invited to join in a free educational Small Farm Grazing Operation Pasture Walk. Participants learned about current and past operations on the Pritchett farm as well as explored the benefits of co-species grazing and the steps involved in a managed grazing operation. The small ruminant and beef cattle grazing operation is owned and operated by Carzella Pritchett in Dawson located in Sangamon County. The event was coordinated by Matt Bunker, NRCS Grasslands specialist.

Program sponsors/supporters include:

- › USDA/NRCS
- › University of Illinois Extension
- › Sangamon Co. SWCD
- › Illinois Grazing Lands Conservation Initiative (ILGLCI)
- › Illinois Forage and Grassland Council (IFGC)



University of Illinois Extension presents a free weekly educational series for the small farm community each winter. This series provides practical knowledge on emerging topics that advance local food production in Illinois. These online presentations give small farm producers a look at how leading practices in production, management, and marketing enable operations to improve profitability and sustainability.

2017 Small Farms Winter Webinar Series

Topics included:

- › ABCs of Strawberry Plasticulture Production
- › Benefits of Mulching Vegetables
- › Buying Hay: Quality vs. Cost
- › Do Your Bees Have Parasitic Mite Syndrome?
- › Food Safety Midwest Produce Growers
- › Growing Your Hobby Farm into a Business
- › Maximizing Windbreaks on Your Farm
- › Pruning Old and Neglected Fruit Trees
- › Small Commercial Microgreen Production
- › Small-Scale Cut Flower Production
- › Soil Management for High Tunnels





Welcome to the Real World!

PREPARING YOUTH FOR THEIR FUTURES

There has been a consistent relationship with Glenwood Middle School in Sangamon County for the past five years, and annually 350 8th grade youth have received career readiness programming through the Welcome to the Real World! program. This year expansion has now reached to South East High School in Springfield. In partnership with the Consumer Economics teacher, Welcome to the Real World is being offered four times a year to reach over 500 9th-12th grade youth.

The Welcome to the Real World! program consists of four parts: career exploration, expenditure decision making, money management, and choice evaluation. The program is an active, hands-on experience that gives young people the opportunity to explore career options and make lifestyle and budget choices similar to those that adults face on a daily basis. In the simulation of the adult world, participants are to assume that they have completed basic educational requirements for their chosen career and are single, 25 years of age, and independent with no financial support from family or others.

Participants explored potential careers or occupations that they would like to pursue in the future. After they chose an occupation, they received a monthly salary for that occupation and then proceeded through the Welcome to the Real World! activity stations where they deducted taxes, determined a savings amount, repayed student loans, and spent their “salary” on the necessary and extra items that reflect the occupation and lifestyle they have chosen.



These Unit 16 4-H members prepared for their future by attending the College and Career Conference at ISU.

4-H SPIN (Special Interest) Clubs



4-H STEAM Sewing SPIN Club in Sangamon County learned about sewing through a scientific, problem solving approach using a new 4-H project curriculum. This club was led by local HCE member volunteers.



Logan County 4-H Cheer SPIN Club is a nice addition to the annual 4-H Night at the Fair. The club is led by college-aged cheerleaders who are also Logan County 4-H Alumni with assistance from Lincoln Community High School cheerleaders as well. Gooooo 4-H!



The Sangamon-Menard 4-H Shooting Sports Program is expanding more each year, both in disciplines offered, number of certified instructors, and members participating.



2017 Illinois State Fair 4-H Show exhibitors from Logan, Menard, and Sangamon counties.



791 Total 4-H Club Memberships
196 SPIN Club Members
485 4-H Community Club Members
110 Metro 4-H Club Members



4-H member with his Silkie chicken at the 4-H Poultry Show.

4-H Project Exhibitions provide a unique opportunity for youth to demonstrate what they have learned about their individual interests/projects.



305 4-H Exhibitors in 2017
1,602 4-H Project Exhibits

Unit 16
 4-H Members by Gender

366 Male 425 Female

Unit 16
 4-H Members by Race

587 White 22 Unknown
 149 Black 5 Asian
 28 Combination



4-H Human Body Detectives! LEARNING ABOUT HEALTHY LIVING... BY LOOKING INSIDE THE BOX!

Due to the generous support of the Illinois 4-H Foundation, *Human Body Detectives: The 4-H Escape Challenge* was able to provide positive youth development opportunities and awareness of the 4-H program in Logan, Sangamon and Menard Counties; increase the quality and overall health of the community clubs; maintain partnerships within the communities through summer programming; and utilize the strengths of each site.

One hundred and one youth ranging in ages 8-15 attended summer programming at the Emden Community House and the Lincoln, Elkhart, Atlanta, Mt. Pulaski, Sherman, Pawnee and Athens Public Libraries. Twelve teen teachers led the healthy living program throughout June and July. During the months of September through present day, community club leaders in all three counties received training on how to use the curriculum at their monthly meetings, the *Breakout-edu* kits were utilized at the volunteer/officer training and even showcased during Dean Kidwell's tour of the unit.



Menard County youth put their heads together to solve the mystery at the "Hands" station during this free summer program.



This Teen Teacher from Logan County demonstrates the "Heart" station to a few of our special guests during the Unit 16 tour with Dean Kidwell in November!

The premise of the *Human Body Detectives: The 4-H Escape Challenge* was to introduce healthy living by solving clues related to: what is the temperature of the body; how to keep our bodies healthy from contracting germs; how much exercise does the body need; and how do we keep our hearts healthy. Once the teams have solved the mystery using the clue, they can unlock the lock boxes with the code and collect their letter cubes inside the boxes. At the conclusion, teams spell out "human body" using the letters collected, share it with a teen teacher and receive the key to unlock the final prize box. The goal of *Breakout-edu Beyond What* curriculum is to teach critical thinking, collaboration, creativity, and communication.

The goals of the program grant were accomplished. Community clubs are engaged with hands-on learning experiences for their club members by checking out the *Breakout-edu* kits; in the locations in which programming was conducted 4-H awareness was strengthened; teen teachers and partner sites are continuing to return for further educational or programming opportunities.



101

Summer Youth Participants



8

Partner Locations in Unit 16



2017 4-H HALL OF FAME INDUCTEES FROM UNIT 16

The Illinois 4-H Foundation annually recognizes 4-H volunteers for exemplary service to the Illinois 4-H program as a Hall of Fame winner.

Included in the Illinois 4-H Hall of Fame Class of 2017 was Patricia Boarman, Sangamon County (left) and Carol Ann Tibbs, Logan County (right).



4-H VOLUNTEER OF THE YEAR: LESLE STARASTA

Logan County 4-H volunteer Leslie Starasta was chosen as the 2017 National 4-H Council Salute to Excellence Volunteer of the Year for both Illinois and the North Central Region and competed for the national level award.

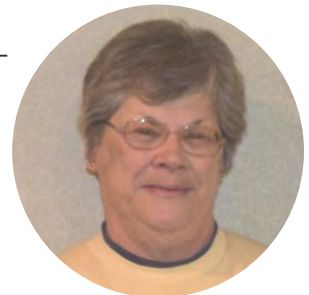
Pat McGlaughlin, U of I Extension 4-H youth development specialist, said this about her, "Leslie exhibits all the characteristics we admire in our volunteers. She is a positive role model who helps create inviting, caring environments for youth to learn and grow as leaders." Leslie was recognized for the Illinois award during the Clover Celebration at the Illinois State Fair.



35 YEARS OF VOLUNTEER SERVICE

(Left) Dale Edwards, long-time 4-H Club Leader of the Tri-City 4-H Club, lifetime Sangamon County Foundation member, livestock show volunteer, and 2014 4-H Hall of Fame Inductee, celebrated 35 years as a volunteer.

(Right) Deanna Voyles, Logan County 4-H Beason Ag Club Leader and 4-H Show Superintendent, was recognized for 35 years as an Illinois 4-H Volunteer.



25 YEARS OF VOLUNTEER SERVICE

(Left) Carolyn Gerberding, Sangamon County 4-H Club Leader of the Rochester Cooper Jets 4-H Club and 4-H Show Superintendent was recognized for her 25 years as a Illinois 4-H volunteer.

(Right) Martha Green, Logan County 4-H Club Leader of the Atlanta Town & Country 4-H Club and long time volunteer during Logan County 4-H Night at the Fair, was recognized as a 25 year Illinois 4-H Volunteer.





4-H Bring STEM Education to After-school Program in Menard County

Youth Development Educator Carissa Akpore and 4-H Program Coordinator Sharon Lounsberry partnered with the Athens Christian Church to provide STEM programming for their after school program. Forty-five participants from grades K-5, explored science, technology, engineering and math through hands-on 4-H activities such as building structures from a variety of different materials, using Makey Makey to play a piano, building squishy circuits, constructing 3-D projection pyramids, working with weights and measurements, and making bubble blowers!

This was 4-H's second year partnering with Athens Christian Church's after-school program, and we are gearing up for year three. Each year, 4-H provides six sessions of fun, educational activities and promotes 4-H. The exposure has brought about new community club members, and increased participation in 4-H workshops.



4-H teaches problem solving: some of the youth at the Athens After-school program practicing their engineering skills by building their own structures, learning about design, balance, support and stability.



Metro 4-H: Youth Codeathon

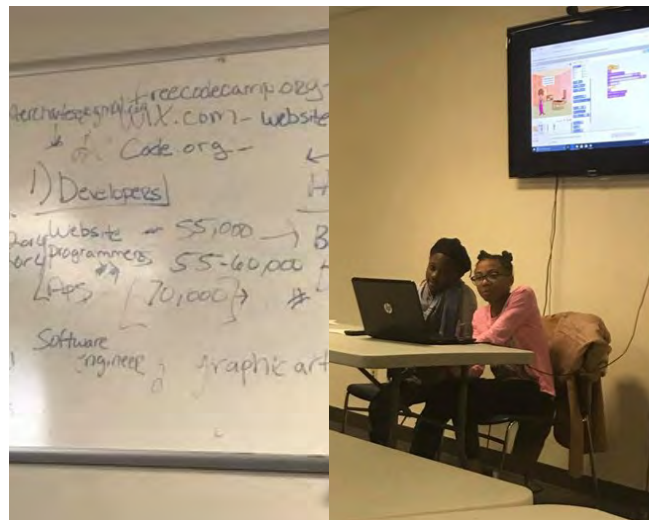
Metro 4-H Partnered with the Black Chamber of Commerce and Google to bring a Youth Codeathon to Springfield. Youth learned basic terminology for coding and how to code using the "scratch" app.

For their final presentation, participants were charged with creating an animation for their parents. All the participants showed great talent and imagination. 4-H can be proud of these bright and intelligent future scholars.

(4-H gratefully acknowledges the Black Chamber of Commerce for their partnership and Google for proving equipment.)



See local news coverage of the event at: newschannel20.com/news/local/students-encouraged-to-enter-tech-field





Springfield Metro 4-H serve during "Giving Tuesday"



Metro 4-H had the opportunity to prepare a meal for the Ronald McDonald House "Guest Chef" program on Giving Tuesday. The Cloverbuds, club officers, club leaders, and parents "pledged their hands to larger service" by preparing chili, corn bread, cookies, and fire punch. The 4-H members and volunteers will also be featured in an upcoming video produced by the Ronald McDonald House. The 4-H members also received numerous compliments on their excellent behavior. Giving Tuesday is not just about money but giving from the heart in varied ways like serving and helping those in need. The kids had a wonderful experience and left with a good feeling in their hearts.



HEALTH ROCKS: 4-H Teen Teachers

Springfield Metro 4-H began offering the "Health Rocks" program in 2017. Thus far a total of 30 Teen Teachers have been trained and have reached 300+ youth. Once a week the teens visit their assigned classrooms and teach younger students important life skills needed to make healthy choices and to resist tobacco, alcohol, and drugs.



2017 Health Rocks Teen Teachers at Enos Elementary

One unique aspect of this Teen Teacher program is that the majority of the teens attend alternative schools. Too many times alternative students are denied opportunities because of their past behavior and students are not given a second chance. 4-H offers teens a chance to advance beyond their past mistakes through the Teen Teachers program. Participants thus far have exceeded expectations. Through this program, teens have gained a sense of belonging and independence, and have become proud members of 4-H. Each week the teen teachers and their students look forward to class and the knowledge they gain.



Health Rocks at Glenwood Elementary



4-H Brings the FUN to Summer Lunch Program!

District 27 participated in the federally-funded Summer Food Service Program (SFSP) this summer. SFSP is designed to provide meals to children during the summer months when kids who rely on their free or reduced school lunch programs for regular nutrition have less access to healthy food. The state-wide program is free to all children 18 and under, and all children are eligible to participate in any location.

In addition to providing lunches, the school district collaborated with the University of Illinois Extension 4-H program and Healthy Communities Partnership to offer fun and educational programming for the lunch program participants.

The free activities were held from 11:30 a.m. to noon in Lincoln Junior High School gymnasium and reached over 50 youth on a weekly basis. On Tuesdays, the 4-H Program provided STEM (Science, Technology, Engineering and Math) activities.



"Stomp Rockets" was just one of the many fun learning activities that 4-H taught as part of their STEM programs during the summer lunch program.



EMBRYOLOGY IN THE SCHOOLS

4-H & Ag in the Classroom

Through the Unit's Embryology in the Schools Program, over 2,000 students in 99 classrooms in Logan, Menard and Sangamon counties learned about embryonic development, and experienced the miracle of watching chicks hatch from their eggs.

In addition to learning about the incubation process and the hatching of chicks, many teachers incorporated the experience into their math, reading, and science lessons. This program is offered as an interdisciplinary program between 4-H and Ag in the Classroom.

Not only do students learn about embryonic development, but as one teacher explained, the embryology program provides a unique opportunity to learn about life and ask deep questions.

"We learned about daily development of a chick, patience, responsibility, how to care for others, hygiene, and much more. We also had great conversations about loss, and the possibility that some might not hatch. Because one of the chicks was born with a "deformity" we talked about inclusion, empathy, and being kind no matter what!"

[Embryology] is always my favorite time of the year. The kids love it, and these are the types of experiences the kids will remember forever!

LEAH BOES, DUBOISE ELEMENTARY



University of Illinois, College of ACES Dean Kidwell visits Unit 16

Dr. Kimberlee Kidwell, Dean of the College of ACES at the University of Illinois, came to Unit 16 to meet with local staff, volunteers, youth, and community members to see for herself the impact Extension programs are having in the community.

The tour began at the Logan County Extension office in Lincoln. There Logan County 4-H teens demonstrated to the dean, campus staff, and local representatives the free program entitled “4-H Escape Challenge: Human Body Detectives” that they had offered in the summer to teach youth about healthy living. The next stop showcased the local Extension Ag in the Classroom program by visiting Washington Monroe Elementary School in Lincoln, where students learned all about cranberries.

Next, the group travelled to Creekside Outdoor Center for Environmental Education north of Lincoln, where local Master Naturalist volunteer Pam Moriarty explained the educational programs offered to both adults and youth during a tour of the facility.



Tour at Creekside with Master Naturalist.



Dean Kidwell and a Master Gardener discuss the gardens at the Dana-Thomas House.



Dean Kidwell and Dr. Czapar visit Enos Elementary School where Sangamon Metro 4-H Teen Teachers present their healthy living program.

The group then travelled to the Sangamon County Extension office in Springfield where they viewed a video about a local Menard County 4-H livestock family, followed by a brief meet-and-greet with local representatives and supporters. The Sangamon County Master Gardeners led tours through the pollinator pocket garden and the courtyard of the Dana-Thomas House in Springfield.

The tour continued with a SNAP-Ed (Supplemental Nutrition Assistance Program) lesson where kindergartners at Ridgley Elementary School learned about making healthy food choices. The Sangamon County portion of the tour also included a stop at Enos Elementary School in Springfield where 4-H Teen Teachers were educating students about drug and alcohol safety.

The tour concluded with a stop at the Lincoln Colored Home, a National Historic Site in Springfield, where 4-H SparkTank members installed an informational sign last year to mark the site and inform the community of its significance.

Other special guests in attendance included Dr. George Czapar (Assoc. Dean of Illinois Extension), Ken Barnhart (BRANDT), Prof. Al Hansen, Kimberly Meenen (ACES Assistant Dean for Advancement), Richard Vogen, Dr. Doug Parrett, Tina Veal (Director of ACES Alumni Relations), and David Mendenhall (Sangamon County Board Member & Extension Council Chairman).



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Revenues	Amount	%
County Board	\$307,775	39%
Local/Program Fees	\$113,246	14%
Federal	\$329,966	42%
State	\$38,779	5%

Expenditures	Amount	%
Personnel	\$561,338	72%
Rent/Utilities	\$92,088	12%
Travel	\$13,717	2%
Program Materials	\$104,478	13%
Other/Misc.	\$12,907	2%

Unit 16 would like to thank the individuals who serve on our Extension Council. They generously sacrifice their time in order to help Extension remain vibrant, relevant, and in touch with the needs of the communities we serve. Their dedication is very much appreciated.

COUNCIL MEMBERS

Brenda Buckles	Sangamon
Lynn Chard	Sangamon
Jill Keeton	Sangamon
Eli Klokenga	Logan
Robert Farmer	Logan
Jim Struebing	Logan
Colleen Harms	Sangamon
Otto Rentschler	Sangamon
Gary Letterly	Logan
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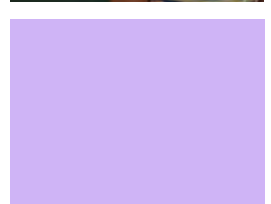
David Mendenhall	Sangamon
Craig Hall	Sangamon
Ed Whitcomb, Jr.	Menard
Charles Ruben	Logan
Kevin Bateman	Logan

YOUTH MEMBERS

Ny'Torious McCoy	Sangamon Metro
Grace Skelton	Logan
Mary Brown	Menard/Sangamon
Alex Bruno	Menard/Sangamon
Daniel Kloppe	Menard/Sangamon











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The Illinois Nutrition Education Program is funded by the Supplemental Nutrition Assistance Program (SNAP).

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