



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.



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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

This report is a snapshot of the work done by University of Illinois Extension serving Jo Daviess, Stephenson, and Winnebago Counties. The impact of our work on communities is extensive and hard to measure. I applaud each and every one of my staff for the important part they play.

It is important to me that staff have professional development opportunities and that we learn from experts in our area. Feedback from staff demonstrates that they are building skills, which are not only used in their Extension roles, but also in their home communities. In May, I asked staff to complete a survey about their volunteer roles. Most staff volunteer for at least one organization, and many serve a variety. Schools, municipalities, and churches were mentioned most often; event planning, fundraising, and board membership were the most common types of service. This is an unseen example of the value Extension brings to communities.

I would like to thank our supporters, who provide donations to supplement our local, county, and state funding. The Jo Daviess County Extension and 4-H Foundation, the Stephenson County 4-H and Extension Foundation, the Winnebago County 4-H Showboard, the Winnebago-Boone Farm Bureau, and the Winnebago County 4-H and Extension Foundation make significant financial contributions and their support is very much appreciated. The entire staff joins me in recognizing our volunteers and supporters for the countless hours and boundless energy they contribute to our programs. From 4-H and SNAP-Ed to horticulture and natural resources education, our work is enriched by their expertise, enthusiasm, and can-do attitude. Thank you for being a part of our Extension and 4-H family!

Margaret Larson
County Extension Director



School Waste Team

SNAP-Ed staff in Rockford worked with sixth graders at Lincoln Middle School to teach them how to reduce food waste in their cafeteria. Students collected compostable food for several weeks to learn more about the level of waste that occurs. The school declared May 21 "No Food Waste Day" and promoted the event with posters made by the students. SNAP-Ed staff helped students separate and weigh compost and non-compost food.

Team Excellence Award

Extension Educator Carol Erickson is a member of the Emergency Food Workgroup that was awarded the Team Excellence Award at the Extension Annual Conference in November. Erickson has worked with schools and agencies in Jo Daviess, Stephenson, and Winnebago Counties on projects related to this topic.

Outstanding Programming Award

Community worker Barbara Curry received the Individual Excellence in Outstanding Programming award at the Illinois Nutrition Education Programs annual fall training.



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-EDUCATION)

SNAP-Education works with Illinois families in need to make the healthier choice an easier choice where they eat, shop, live, play and learn. Through classes and workshops, and by collaborating with community partners to adopt research-based solutions to encourage healthier nutrition and activity choices, SNAP-Education positively impacts the families and communities we serve.

Serving Local Families



8,877

Total SNAP-Education Participants



46%
Adults



54%
Youth



26% Identified as Hispanic
63% Identified as Non-Hispanic
11% Unknown



50% White (4,197)
44% Black (3,708)
6% American Indian or Alaska Native, Asian, or Native Hawaiian or Pacific Islander (531)

Our Community Partners



18
K-12 Schools



21
Youth Centers



5
Store or Markets



16
Early Childhood



19
Community Centers



14
Food Pantries and Food Banks



Master Naturalist Volunteer Training

Master Naturalist training took place at Oakdale Nature Preserve, south of Freeport, in the fall of 2019. Extension educators and local experts taught 11 participants about many aspects of the natural world, including prairies, forests, ornithology, mammals, and more. Oakdale was a wonderful setting for training, offering opportunities for hands-on learning in its natural areas. Trainees visited Lake Le Aqua Na State Park to learn about the bluebird trail, which is maintained by Master Naturalists. The participants also walked through the Freeport Prairie to learn about native plants, invasive plants, and best management practices on maintaining a native prairie. After training, Master Naturalists and Master Gardeners volunteer in our communities and help to extend the reach of Illinois Extension.



Master Naturalist training at Freeport Prairie.

Volunteer Hours

The Master Gardener program is very active in Jo Daviess, Stephenson, and Winnebago Counties. In 2019, volunteers reported nearly 6,850 hours of service in their communities. Throughout the three counties, Master Gardeners are involved in a number of projects. Some are with other organizations, and some originate in our offices and serve our audiences. Educating the public about horticulture, gardening, and all things green keeps the volunteers very busy. The Master Naturalist program is now supported in all three counties. In 2019, the training took place in Stephenson County for the first time. Those volunteers provided 2,374 hours of service working on conservation and stewardship projects, often in partnership with or in service of local organizations. Extension staff support each volunteer as they accomplish their goals, serve their communities, and build their knowledge and skills.



Plant a Row for the Hungry Program

For several decades, the Master Gardeners in Winnebago County have led the countywide Plant a Row for the Hungry program. They provide coordination and promotion for a number of donation drop-off sites, and market the program through press releases and other channels. Each year, there is a formal kick-off with a press conference at Edgebrook Farmers Market, one of the program's drop-off sites, at the beginning of July. In 2019, nearly 6,500 pounds of produce was donated through all Plant a Row for the Hungry collection sites, which include community centers, the farmers market the Rock River Valley Pantry, the Extension office, and others. In spite of a very challenging growing season, many community members in need had access to fresh vegetables thanks to the many generous gardeners in Winnebago County.



The 2019 Jo Daviess County Master Gardener Interns.



Apple River Fort Garden Partnership

For the Jo Daviess County Master Gardeners and Master Naturalists, 2019 was a year of many great successes. One highlight was Extension's partnership with the Apple River Fort in Elizabeth to completely renovate the plant beds located in front of the facility's entrance. The goal was to make the entrance feel friendlier and more inviting to guests visiting this Illinois state historic site maintained by the Illinois Department of Natural Resources.

Two of volunteers, both of whom completed both the Master Gardener and Master Naturalist trainings, took on the project and met with the Fort's director to learn more about the desired end result. Once a shared vision was in place, the volunteers helped identify what was currently in the beds, what could stay, and what needed to be removed.

The original idea was to redo the beds using only historically accurate plant species from the time period in which the Fort was open in the 1830s. However, after some research, volunteers discovered that ditch lilies were the only plants around in the area at that time, so low maintenance native perennials plants were selected for the site instead.

The project was started too late in the year for anything to be planted in 2019, so the beds were cleaned up and covered. They will be planted in the spring of 2020. In the meantime, plans are being drawn up by our volunteers and Extension staff are ready to assist with the planting when the time is right.



A Visit from the Provost

On September 5, Extension staff, volunteers and supporters hosted a visit for University of Illinois campus administrators. The visitors included Vice Chancellor for Academic Affairs and Provost Andreas Cangellaris; Dean, College of Agricultural, Consumer and Environmental Sciences (ACES) Kimberlee Kidwell; Assistant Dean for Advancement, College of ACES and Robert A. Easter Chair Kimberly Meenen; and Associate Dean and Director of Extension Shelly Nickols-Richardson.

This visit was a wonderful opportunity to showcase local staff efforts and provide an opportunity for dialogue about Extension's outreach and programs in Northern Illinois. The group met with staff, as well as county officials, Extension Council members, Extension volunteers, State Representative Andrew Chesney, and State Senator Brian Stewart.

A stop at the Mitchell Dairy Farm in rural Winnebago provided the visitors with a chance to meet with 4-H and College of ACES alumni, in addition to active dairy farm workers and University of Illinois supporters. A visit to the Extension Test Plots in Freeport allowed the visitors to see firsthand the research efforts being carried out as part of the ICE grants studying tar spot fungicide and efficacy, and data intensive farm management, as well as the Illinois Fertilizer and Chemical Association Nitrogen Fertilizer Management Trial.



A Year with ACES Global Academy

BY GRANT McCARTY

In 2019, I was selected as the Illinois Extension representative for the College of Agriculture, Consumer and Environmental Sciences', ACES, Global Academy — a year-long campus program culminating in a trip to South Africa in June. This training program, facilitated by the Office of International Programming, is designed to increase international activity for ACES faculty and Extension staff. As the sole Extension representative, I was tasked with representing the organization and was given the chance to connect with South African researchers and professors involved in developing the next generation of South African Extension agents.

We each found areas we could learn from one another.

GRANT McCARTY, LOCAL FOODS & SMALL FARM SYSTEMS EDUCATOR

In meetings at the University of Pretoria and the University of KwaZulu-Natal, I shared the work that I do on a local level and Extension work across Illinois — essentially, who we are, what we do, and why it matters. University representatives gave an overview of their work and future efforts to train the next generation of South African Extension agents. We each found areas where we could learn from one another, as many of these professors engage in Extension training and teachings while Illinois Extension looks more to digital learning and measuring our outcomes on a local level.



Global Academy participants included College of ACES department representatives and Dean Kimberlee Kidwell.



Educator Grant McCarty presents about the work of University of Illinois Extension to the College of Agriculture at University of KwaZulu-Natal in South Africa.

This experience further allowed me to connect with University of Illinois faculty who are not fully aware of the work Extension does on a local level. Discussing our robust programming in commercial agriculture, energy and environmental stewardship, positive youth development, and nutrition and wellness, I conveyed Extension's contributions to our local communities and stakeholders.



The group visited historic sites in South Africa connected with Nelson Mandela.



Hands-on Forest Management Classes

The Managing Forest Understory and Edges workshop kicked off a year of forestry education successes. Fifty-three area residents participated in the two-part workshop offering management resources for seasoned and inexperienced timber landowners and managers.

Extension Forestry Specialist Chris Evans presented about the importance of developing a management plan for timber lands. He focused on why a plan is important and approaches to managing exotic invasive plant species. Whether the goal is promoting wildlife habitat or timber production, invasive plants are detrimental to long-term goals.

Ryan Harr, a forester with the Iowa Department of Natural Resources, shared tools for improving wildlife habitat. He shared how humans have impacted the natural ecosystems through actions such as suppressing fire on the landscape. During an advanced session, Harr shared his experiences introducing controlled burning as a tool for ecological restoration and management of habitat.

The forest management workshop was one of several collaborations with National Wild Turkey Federation Forester Olivia Rauhen over the year. In February, the program Winter Trails and Naturalist Tales featured habitat management and coexistence, wild animals and humans, discussions facilitated by Rauhen and Extension Educator Peggy Doty.



University of Illinois Forestry Specialist Chris Evans covers the topic of invasive species in timber lands.



Extension Forester Jay Hayek works with a participant on proper chainsaw techniques.

Rauhen and Jay Solomon were asked to provide leadership to educational program development for the Northwest Illinois Land Stewardship Cooperative, NILSC, a newly formed group with a mission to bring various nonprofits, agencies, and conservation-minded groups together to collaborate on mutually beneficial conservation efforts. Through shared resources and knowledge, the goal is to improve conservation management of public and private lands. Management of invasive species, especially plant species, is one of this group's concerns. Our local Extension efforts in this area played a role in bringing NILSC together and is an example of results of our ongoing forestry education efforts.

The year culminated with four chainsaw safety workshops led by Illinois Extension Forester Jay Hayek. Three full-day, beginner classes drew a total of 25 participants. Eight of those participants also took the level two class later in the week. The workshops were held in collaboration with the Northwest Illinois Forestry Association, NIFA. NIFA members provided the host locations for the workshop, including the demonstration and practice trees for cutting during the classes.

Building on the success of these workshops, another forest management seminar and round of chainsaw safety workshops are planned for 2020.



Farm Stress Management

In March, Extension staff coordinated a workshop for area agribusiness and ag-related government personnel to learn about strategies and resources around issues of farm stress and mental health. Dr. Larry Tranel, a dairy specialist from Iowa State University Extension, was the featured speaker. Dr. Tranel shared information about mental health and best practices for supporting individuals in crisis. Additionally, the 25 participants were provided with print resources to share with others in their offices.

I really appreciate Extension putting on the session. Dr. Tranel is an excellent resource. I will personally benefit from the information as well as help others. I spent 30 minutes with my employees this morning sharing information from the program.

FARM SERVICE AGENCY DIRECTOR



Illinois Forage Expo

The Illinois Forage Expo was held in Northern Illinois in July. Illinois Extension staff, from the Jo Daviess-Stephenson-Winnebago Unit and beyond, were on hand to present workshops and assist with the Expo.



Industrial Hemp Production

In 2018, the Illinois Department of Agriculture passed the Industrial Hemp Act, allowing for production of industrial hemp for grain, fiber, and oil for the first time in more than 70 years. To educate stakeholders on the potential of this new industry, Commercial Agriculture Educator Phillip Alberti organized an Industrial Hemp Workshop in Freeport. This program had more than 200 attendees from across the region and covered the impact and challenges with this new crop. The tremendous of interest in industrial hemp has allowed for entirely new educational programming. Alberti spent much of the growing season traveling around the state providing programs to more than 1,700 people on industrial hemp production and grower consultations.

The increased interest in hemp production in the region encouraged Alberti to develop research and educational programs, so that Illinois Extension can be at the forefront of offering these in a neutral, research-driven environment. Alberti created resources and conducted several industrial hemp field demonstrations in Northern Illinois to educate students and the public about production. These simple demonstrations have set the stage for more advanced research trials in 2020, with collaborators from campus and industry.

As this a new industry, Alberti created a buyer/seller database, which will help connect hemp growers, processors, and buyers in Illinois. In addition, he helped make a needs-based assessment for hemp production, which will help guide the research and programming to topics stakeholders want and need most.



go.illinois.edu/hemp



Keeping Millennials in Rural Areas

Community and Economic Development Educator Pam Schallhorn presented programs in Lena and Galena, sharing information on how local communities can be more attractive to younger, working adults. One take away was if a community adds amenities and businesses targeting millennials, it will also be more attractive to members of other generations.

This program was attended by community leaders, such as city council members, economic development professionals, and county board members and was offered in partnership with Northwest Illinois Economic Development and the Illinois Institute for Rural Affairs.



Community & Economic Development

The purpose of Community and Economic Development, CED, programming is to help community leaders, residents, and their residents build capacity to make timely and effective decisions, use information wisely, engage the entire community, and work together better. Extension educators offer programs and technical assistance in a variety of settings, including workshops, small group consultations, and by using online tools and resources. CED's mission is to facilitate communities with creative and informed decision-making abilities to enhance the quality of life.



Statewide Webinar Reach



13
Webinars in 2019



390
Reached in Community Involvement
and Leadership Webinars



86
Reached in Food Access Webinars



191
Reached in Economic and
Financial Well-being Webinars



922
Reached in Economic Vitality and
Community Resiliency

The Leadership Academy for County Officials, developed by U of I Extension provided training to elected and appointed county officials. Casey Anthony (County Board, Stephenson County), Stephanie Helms (Treasurer, Stephenson County), Elizabeth Lindquist (Roscoe Township Trustee, Winnebago County), Georgia Newcomer (County Administrator, Stephenson County), and Rebecca Quiggle (County Board, Stephenson County) attended five interactive, day-long sessions on fiscal management, leadership in crisis situations, data-driven decision-making, economic development, community asset development, and more.



Illinois State Treasurer Mike Frerichs spoke at the 2019 Leadership Academy, and discussed how working with other state treasurers across the country helped him address challenges in Illinois.



The Choice Is Yours: Diabetes Prevention & Management Program

According to the 2017 National Diabetes Statistics Report, 30.3 million Americans have diabetes and 84.1 million adults have prediabetes. Unfortunately, 90% of those with prediabetes do not know they have it, putting them at increased risk for developing other chronic illnesses, such as type 2 diabetes and heart disease. Although these statistics are startling, even more so is the fact that, although most insurance plans cover nutrition counseling for individuals with diabetes, many do not provide coverage for those with prediabetes.

Fortunately, research has shown programs focusing on healthy lifestyle changes, (such as losing 5% to 7% of your body weight, if you are overweight; and getting regular physical activity, at least 150 minutes per week), can lower your risk of developing type 2 diabetes. To encourage positive changes and help meet the need for local low-cost programming, Nutrition and Wellness Educator Diane Reinhold developed and piloted a 14-week diabetes prevention and management program.

The program provided information on understanding the fundamentals of diabetes, establishing health goals, and the importance of prevention and self-management. Participants gained an understanding of how health behaviors, such as meal planning and food selection, play a vital role in the management and prevention of diabetes. Participants also increased their knowledge of how other lifestyle behaviors, such as stress management and physical activity, increase or decrease their risk of developing diabetes.



Reinhold (center) holding a hands-on salsa canning class at Pretzel City Kitchen



(From left) Diane Reinhold, Kristin Bogdonas, Jenna Smith, Lisa Peterson, and Mary Liz Wright. Diane Reinhold received the Central Regional Award at the 2019 National Extension Association of Family and Consumer Sciences annual session in Hershey, Pa.

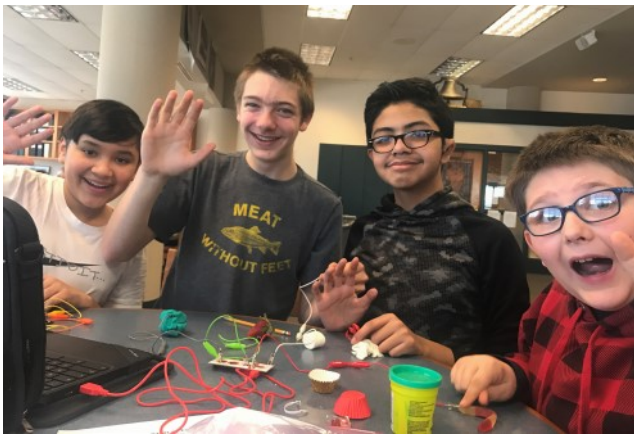
This program is designed to complement the recommendations of health care providers and help participants, or their loved ones, better manage and/or prevent diabetes.

Class participants were either diabetic, prediabetic, fearful of becoming diabetic, or had a loved one with diabetes. Thirteen participants completed the program. Of participants who allowed weekly tracking of their weight, 73% had a weight loss of 1.5% to 8.7%, with an average weight loss of five pounds per person.

In addition to the tracking body weight, participants assessed their A1c and blood pressure values at the beginning and end of the program. This was possible through a partnership with the local health department, which provided a low-cost lab draw. The A1c is a common blood test that reflects average blood sugar levels for the past two to three months.

The success of this program has been in part due to Reinhold's collaboration with local partners, such as the Senior Resource Center, Stephenson County Health Department, Freeport Health Network, including the wound department, cardiology, the U.W. Outreach Retinal Clinic, and the Awender Audiology Clinic.

As part of the nutrition and wellness team, Reinhold received the Central Regional Award in the communications newsletter category for the team's efforts in developing an electronic newsletter to promote positive health behaviors and behavior change.



STEM Day Drives Innovation

Extension 4-H staff from Jo Daviess, Stephenson, and Winnebago Counties provided a Science, Technology, Engineering, and Math (STEM) Day at Pearl City Jr. / Sr. High School. There were four rotating sessions for 63 seventh and eighth graders :

- › Egg Drop Experiment
- › Virtual Reality / VR Goggles
- › Doodle Bots
- › Makey, Makey Technology

Research suggests a vital STEM workforce is needed to drive innovation in today's global world. Through STEM programming, Illinois 4-H is empowering youth to be the inventors, makers, scientists, and engineers needed for the world. 4-H youth use science and technology to solve problems and incorporate what they learn from 4-H STEM projects and programs into their everyday lives. Youth work cooperatively to innovate, build, solve problems, and imagine new possibilities for the world.



Jo Daviess County 4-H Beekeeping Club

The Jo Daviess County 4-H Beekeeping Club is a collaborative, hands-on club with 10 members. Led by Donovan Coffey, a professional beekeeper and owner of the Coffey Bee Ranch, youth raised their own bees. The mission of the club is to give youth the opportunity to:

- › Explore honey bee habitats in various ecosystems;
- › Understand the important role of honeybees in agriculture and food production;
- › Learn the threats to honeybees and the impact diminishing numbers will have on our culture; and
- › Learn best practices for preserving and maintaining honeybee habitats.

Participants experienced a blend of classroom learning, field trips, and beekeeping. With the help of the Sinsinawa Mound, youth started two new colonies on land that was generously lent for their use. Members learned about harvesting and preserving honey, hive health, and how to check bees for mites. Members had the unique opportunity to observe one hive that was unhealthy and had overthrown their queen, and one hive that was healthy and strong. That side-by-side comparison provided a valuable learning opportunity. One of the unexpected outcomes was that five out of 10 members started their own colonies at home.

There is a need for young professionals to be the driving force for innovation in agriculture and food production. The world's population is estimated to increase by 2 billion people in the next 40 years. One in every three bites we eat is the result of pollinators. Young people play a critical role as future farmers and community leaders, who will help to address these challenges.





4-H Camp Counselor Training

4-H Camp can be a life-changing experience for many youth. A week at camp may be the only time young kids are away from their parents for an extended period of time, responsible for their own self-care and choice of activities. It fosters confidence and independence within a safe environment provided by trusted 4-H staff, and is a 4-H tradition valued by campers and parents alike.

No one, however, derives greater benefit from 4-H camp than the counselors. From the moment they apply, they undertake a long and difficult, but rewarding journey through which they learn a wide variety of highly valued life skills. Camp counselors go through a selective and competitive application process. Those who are chosen commit, and are held to, a strict and rigorous training schedule that strengthens their character, stretches them as individuals, and prepares them for the very large responsibility of caring for other people's children.

At camp, counselors are tasked with running every single aspect, from leading games and "camp-tivities," to keeping campers on task, following the strict time schedules, organizing and planning evening programs, managing camper behavior, and caring for and ensuring the physical and emotional safety of all campers. Most importantly, they are responsible for creating a fun, welcoming environment for all campers. It is a long and demanding week for the counselors, but they emerge completely transformed, as a team and as individuals.

Camp counselors fill out a survey at the end of camp, which provides an empirical look into the importance of camp counselor training on the lives of these youth leaders. It also shows the impact that training has on the 4-H program. In 2018, when asked if they feel confident in their ability to influence and impact others because of their experiences in 4-H, 80% strongly agreed and 20% agreed. When asked if they feel more comfortable working in partnership with other teens and adults to complete tasks and responsibilities due to their participation as 4-H camp counselors, 80% strongly agreed and 20% agreed. When asked whether they can serve as a positive role model, 84% agreed; another 84% strongly agreed that they can listen objectively to ideas and opinions from others. These life skills are all extremely valuable and difficult to teach.

Being a camp counselor has helped me realize my self-worth and leadership abilities.

LAUREN F.

Survey results showed that counselors realize a greater benefit from 4-H and become stronger members and supporters than other 4-H participants. When asked how this leadership training impacted them and/or their view of 4-H, we received the following responses:

- ▶ "I learned that 4-H is a great organization for bringing people together." – Melissa C.
- ▶ "[It] reminded me how 4-H can bring people from all over and all different backgrounds together to have fun and make friends." – Julian H.
- ▶ "4-H camp has made me a better person. It has strengthened my skills such as communication, organization, etc." – Dori R.
- ▶ "This experience has helped me realize what I want to do in life. I have made so many new friends that I know will last a lifetime. Overall camp counseling is a great experience for everyone." – Tom E.
- ▶ "I learned how large 4-H's influence is and it has given me the skills to succeed in leadership." – Carter C.

These are just a few of the many survey results that illustrate the transformative impact that 4-H camp counselor training has on youth, on 4-H, and on Extension. At a regional level, there is truly no more valuable leadership experience in 4-H.





The Super Villains Team was one of four teams the Winnebago County 4-H Robotics Club sent to the 4-H State competition. The Super Villains took home the grand champions award.

Winnebago Robotics Club 2019

The Winnebago County 4-H Robotics Club wrapped up its season at the 4-H state competition in Bloomington, Illinois on May 11, 2019. The club sent four teams to the competition, making it the largest enrollment year, yet. All four teams competed at the level two division, the highest division in the competition. All four teams finished in the top six out of 15 teams for table performance and three teams received level two awards for the day. The Kool Kidz Team took home the award for best table performance. The Bionic Porgs Team received the creativity award. The Super Villains Team received the grand champions award.

The club also had a very successful First Lego League (FLL) season. Two teams entered into the Rockford "A" FLL Qualifier in December 2018. Both teams earned multiple awards at this event. The Bionic Porgs took home awards for best table performance and best robot design. The Bionic Porgs II took home the grand champion award.

Both teams also qualified for the Northern Illinois FLL Championships in Elgin. They competed in mid-January 2019, and had a strong showing. Bionic Porgs II had the 13th best table run, while the Bionic Porgs had the 18th best table run out of 48 teams. The Bionic Porgs were finalists for the robot design award, earning them a callback to the judges. Bionic Porgs walked away from state competition with the team spirit award.

Winnebago Shooting Sports

4-H members from Winnebago County competed for top honors at the State 4-H Rifle Shoot that took place October 12-13, 2019, at Central Illinois Precision Shooters in Bloomington. The Winnebago team took the honor of top smallbore team. Participants on the team included Danielle Brosend, Liadan Gray, Shelby Howard, Wyatt Weaver and Andrew Wochner.

The smallbore .22 caliber division of the contest tests the participants' ability to shoot from three positions: lying prone, kneeling or sitting, and standing. In addition, participants shoot from different distances, either 25 or 50 feet.

Placing in the top 10, individually, from Winnebago County were Liadan Gray, who placed 8th, and Andrew Wochner, who placed 9th.



4-H Tech Wizards

The 4-H Tech Wizards program is funded by a generous donation from the Community Foundation of Northern Illinois. It is a STEM program, science, technology, engineering, and math, that engages youth, ages 11 to 15, in hands-on STEM activities during after school programs, community center programs, and community events. Youth learn about robotics, aerospace, wind and solar energy, GPS systems, digital video and photography, and 3-D printing by simulating activities that challenge them to think outside of the box and solve world issues through technology. The program helps prepare youth for college and careers in STEM fields. Since the grant was awarded in 2018, more than 400 youth have been exposed to STEM concepts and opportunities through 4-H Tech Wizards.

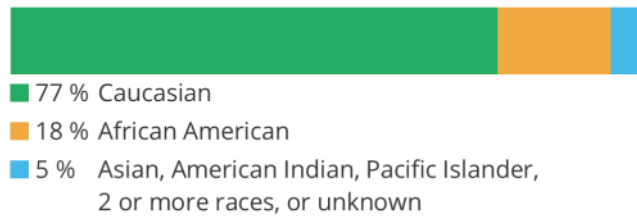


Wherever you live, 4-H is there. Whoever you are, 4-H is the place where you belong and are part of the club, where you serve in the world where you live, where you act on matters important to you, and where you learn to accomplish the dreams you strive to achieve. Illinois 4-H empowers and prepares youth for success — for today, tomorrow, and a lifetime.

Program Reach



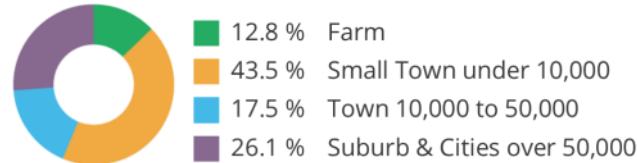
RACE



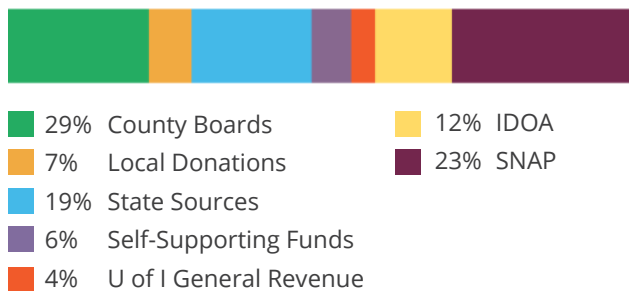
ETHNICITY



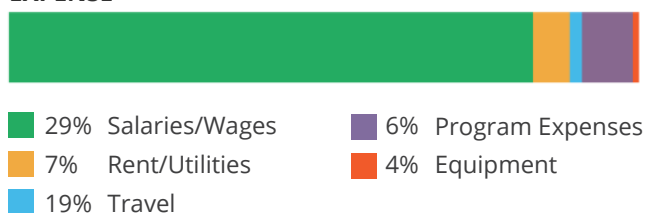
RESIDENCE



INCOME



EXPENSE

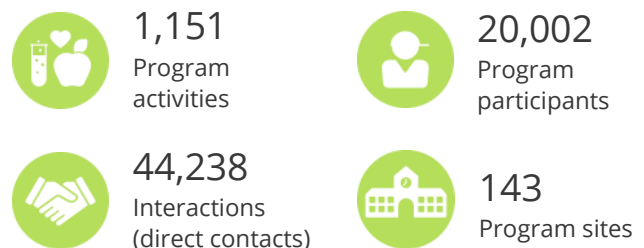


Cloverbud Activity Hour

In the spring of 2019, Stephenson County 4-H offered monthly programming with a focus on our Cloverbud audience. Cloverbud members are between the ages of 5 and 7 years old. The purpose of the Cloverbud program is to introduce younger members to the concepts of 4-H youth development and life skills at an earlier age. The Cloverbud program focuses on building trusting relationships with adults and peers, and learning more about themselves and the world around them.

The monthly, spring-themed Cloverbud activity hour consisted of three, age-appropriate activities: art, science, and a take-home, snack activity. During the April Showers activity hour, participants created rain by printmaking with bubble wrap and paint, then adding umbrellas. They made rainclouds using clear plastic cups, water, shaving foam, and food coloring. It was fun to see how much color it took for the cloud to begin to disperse the rain. In the May Flowers activity hour, youth drew a flower garden, added a picket fence using popsicle sticks, planted grass heads, and mixed dirt cake to take home. Many giggles could be heard while the Cloverbuds learned through these fun activities!

Contacts





Spring break gardening break-out session making gardening containers.



4-H Beekeeping Club



Jr. Chef Program



Staff met with Congresswoman Bustos in August to update her on Extension's agriculture related programming in her district.



4-H Ski Day at Chestnut Mountain



Top: Extension Council members at Stephenson County Fair with 4-H member, Brogan Keltner of Pearl City. Left: Volunteers help with Youth Sewing Clinic

Extension Council

The Extension Council cooperates with Extension staff in planning, promoting, developing, implementing, evaluating, and financing Extension programs designed to meet the needs, interests, and resources of the local communities served.

Jo Daviess County

Mr. Robert Heuermann
Ms. Beth Beranski
Mr. Ray Massingill
Mr. Garnet Fee

Stephenson County

Ms. Monica Pierce
Mr. Tom Scheider
Mrs. Deborah Lischwe
Mr. Ethan Trampel
Mrs. Chris Urish

Winnebago County

Ms. Angie Goral
Mr. Jim Webster
Mr. Don Kowalski
Mr. Jeff White
Mr. Bob Deschepper
Ms. Mykayla Barker
Mr. Aaron Booker

Staff Directory

Margaret Larson, County Extension Director
Phillip Alberti, Educator, Commercial Agriculture
Carol Erickson, Educator, SNAP-ED
Grant McCarty, Educator, Local Foods & Small Farms
Diane Reinhold, Educator, Nutrition & Wellness
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Cover photos: (Top left) Extension Council members at Winnebago County 4-H Fair, (Top right) Rockford Tech Wizards, (Bottom left) 4-H Cloverbud Workshop Day, (Bottom right) Gina Adams bringing SNAP-Ed to the community.

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