

The Quarterly Update

Edwards, Lawrence, Richland, Wabash & Wayne Counties

April 2021 - Volume 1 - Issue 1

COUNTY DIRECTOR UPDATE

Hello Spring! We have had rainy days, sunny days, and new farm babies are arriving daily in our 5-county area. 2020 was a challenging year for many of us, due to the COVID-19 pandemic. I took over as County Director in April of 2020, shortly after Extension staff moved from in-office to remote work. I was immediately impressed with how Extension staff



quickly transitioned to new routines and faced the challenges that came their way during the pandemic. While we saw many events cancelled in our area, I am very proud to say 4-H was not one of them. Yes, we had to adjust due to safety guidelines, but 4-H worked very hard to put on virtual showing opportunities for our youth. The Supplemental Nutrition Assistant Program has also adjusted to continue to offer educational opportunities to our communities to live healthier lives and we have seen large turnouts for live, zoom webinars.

We find ourselves shifting again this spring and transitioning back from remote to in-office work and are currently open to the public by appointment and will fully open offices back to the public for walk-in traffic April 12th. We are also busy working to prepare to return to in-person shows and programming later this year.

As you read this quarterly report, I invite you to reach out to me with any questions on programming or how Extension can assist you.

Thank you for your continued support of Illinois Extension!



Tara Buerster, County Director
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Email us at: uie-elrww@illinois.edu



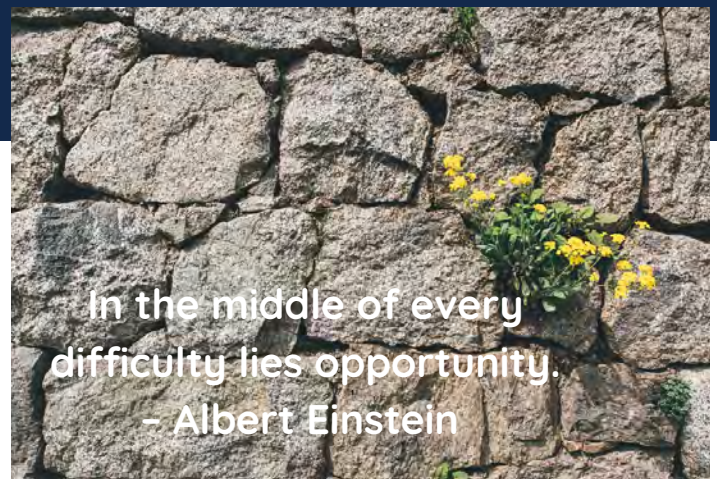
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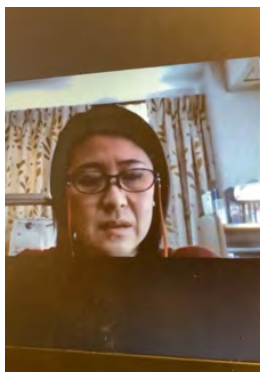
- *Edwards County 4-H
- *4-H Lawrence County Illinois
- *Richland County Illinois 4-H
- *4-H Wabash County, Illinois
- *University of Illinois Extension -
Wayne County 4-H



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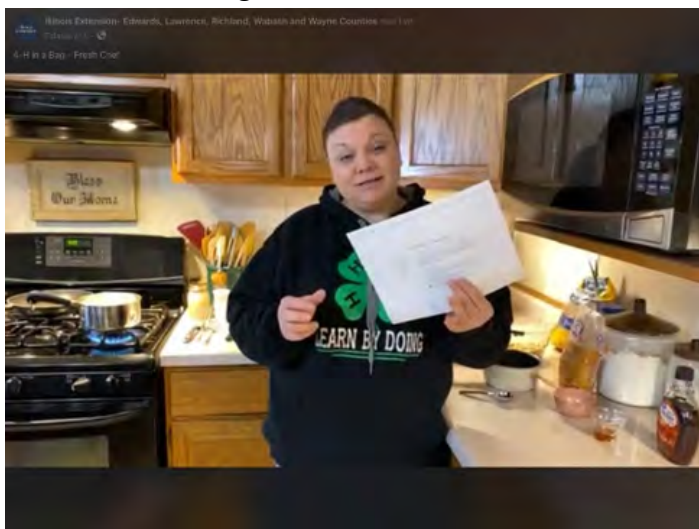
4-H IN A BAG MONTHLY ACTIVITIES

Since January, our 4-H youth have had the opportunity to register for monthly “4-H In a Bag” activities, and we have had several kids in our area participating. Each month kits were put together for those participating and then a 4-H Coordinator did a live lesson that is broadcast on our Extension Facebook page. January started off with two different activities, “Explosion in a Bag” for Tag-Along Members and “What’s in a Bottle?” for 4-H members of all ages. February we offered “Fresh Chef” and 4-H members were able to make two recipes at home. In March we offered “Origami” and also had a former 4-H Exchange Student from Japan answer questions. 4-H members could submit questions for the Exchange Student prior to the event. In April we will offer our last 4-H In a Bag event with a “DIY Birdfeeder”. The youth in our area have really enjoyed this opportunity and requests have been coming in to offer this again, next winter.



4-H In a Bag Participant Numbers

January	Explosion in a bag	12
	What's in a bottle?	16
February	Fresh Chef	57
March	Origami	55





DRAWING WORKSHOP

In March the Wabash County Junior Federation put on a drawing workshop for all interested 4-H members. They spent the morning learning all the techniques needed to complete a drawing.



YOUR THOUGHTS MATTER PROGRAM

Health is an important part of 4-H. After all there is a "H" that is dedicated to it. Exercise and good nutrition are part of having good health, but mental health has an essential role in our daily lives. In February and March, Sam Gaither, Program Coordinator for 4-H and Youth Development in Lawrence County moderated six sessions at Lawrenceville High School with assistance from the school's Social Worker. Youth learned how to define mental health, how to talk about it with family and friends, and how to help themselves and others. Youth encountered lessons on breaking stigmas by altering the language they use as well as learning how to build their resilience.



LOOKING AHEAD...

- Planning for 2021 In-Person Shows!!
- YQCA In-Person training for 4-H Youth with Livestock projects.
- April 10: Wabash County Photography Workshop - Beall Woods State Park
- April 10: Wayne County Alpaca Workshop
- April 12: Edwards County Public Presentations
- April 17: Lawrence County Popsicle Paddle Boat Workshop
- April 19: DIY Bird Feeder 4-H In-a-Bag
- April 24: Edwards County Food Decorating Workshop - Edwards Extension Office
- May 6: Wayne County Public Presentations
- May 8: Wabash County Sewing Workshop - C Quilt Shop
- May 10: Lawrence & Richland Counties Public Presentations
- May 11: Wabash County Public Presentations
- May 22: Edwards County 4-H Horse Clinic
- June 14: Edwards County Food and Clothing Show
- June 25: Richland County Dog and Cat Shows

BEEF WEIGH-IN'S

In February Beef Weigh-Ins were held in Lawrence, Richland, Wabash and Wayne counties in preparation for summer 4-H shows.



PESTICIDE IN-PERSON TESTING

January through March of 2020 we partnered with the Illinois Department of Agriculture to provide 23 in-person testing opportunities within our 5-county area for Pesticide Testing. Tests offered included not only private applicator, but a variety of commercial operator/applicator tests. Many areas in the state opted not to offer in-person testing or limit their in-person testing offerings due to COVID. Due to the number of licenses expiring in our area, and the concerns some expressed with online testing, we worked hard to provide several in-person testing opportunities for our communities. We also had wonderful support from the Farm Bureaus in the following counties to help bring testing to our area: Edwards County Farm Bureau, Wabash County Farm Bureau and Wayne County Farm Bureau.



DEBBIE FEARN JOINS MASTER GARDENER PROGRAM



Debbie Fearn of Edwards County recently completed her Master Gardener Winter Training with Illinois Extension. Debbie has always loved to garden and is very active with her 4-H Club (Blue Ribbon), the Senior Federation, and in the community. Since her retirement, she has time to squeeze in one more thing that she enjoys. We are excited that she has plans to volunteer with Extension and projects are starting to line up for her to complete her 60 hour of internship. Once this is complete, she will be an active member of the Illinois Master Gardener program.

SUMMER ONLINE MASTER GARDENER TRAINING

The mission of the Illinois Master Gardener program is "Helping Others Learn to Grow." After 60 hours of training in topics such as vegetable and flower gardening, insect problems, and plant diseases, the volunteers participate in programs throughout their communities. Some of those opportunities may include speaking at garden clubs, civic groups, or schools; answering calls or emails at garden help desks; establishing demonstration gardens that serve as educational tools; and educating citizens on how to establish community gardens. You don't have to be a gardening expert to become a Master Gardener. All you need is an interest in gardening, some time to volunteer in the community, and a desire to share your knowledge with others. The program is more about connections; connecting people with other gardeners, with their community, and with reliable resources for information.

The next round of online Master Gardener training will begin June 14th. Registration will open April 5th and run through May 14th. Anyone interested should contact their local Extension office or Tara Buerster at buerste2@illinois.edu or 618-445-2934.

GARDENING PROGRAM FOR RICHLAND COUNTY ELEMENTARY SCHOOL

Illinois Extension participated in a Spring Fling Event for the Title and Pre-K students and families at Richland Elementary School in Olney, IL on Tuesday, March 30. Families were spaced apart for social distancing to visit various stations. Our Master Gardener Intern, Debbie Fearn taught the children about planting flower seeds and together with County Director, Tara Buerster helped children plant marigold and zinnia seeds in egg cartons to take home and eventually transplant. It was a great evening and nearly 65 children came by the booth, throughout the event.



NUTRITION EDUCATION

The SNAP-Education team has stepped up and has been able to adapt in many ways to assure we would still reach our audience to deliver nutrition education. We have learned many new creative tools to reach our audience virtually to continue to make a positive impact on those we work with.

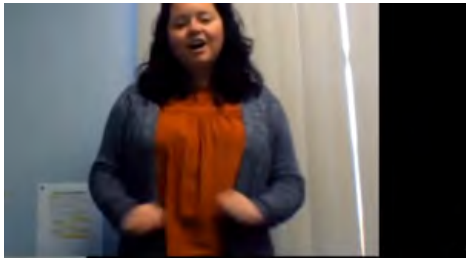
Healthy Cents

Saving Money Away From Home

Savanah Summerfield
Carol VanMatre
Community Workers, SNAP-Education
Illinois Nutrition Education Programs








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MOBILE MARKET

Wayne City Baptist Church
Saturday, March 6, 2021

First come, first served. Distribution begins at 1:00 p.m.
Pull your vehicle up, pop the trunk, and volunteers will place the food items inside for you.*






The Mobile Market is brought to you by a partnership between United Way of South Central Illinois, Wayne City Baptist Church, and University of Illinois Extension with support from Quorum 8 Sons, Inc.

For more information call 618.308.0011. *All visitors will be wearing face masks to prevent chance of contamination.

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University of Illinois Extension provides equal opportunities in programs and employment.
If you need a reasonable accommodation to participate in any of our programs, call 618.242.3763

MOBILE MARKET SUPPORTS

LOCAL FAMILIES

Extension partnered with United Way of South Central Illinois, Cusumano & Sons, Inc., and Wayne City Baptist Church to host a Mobile Food Market in March.

Find Food IL

COMMUNITY FOOD MAP

SNAP • LINK • WIC



- School & Summer Meal Sites
- Food Pantries
- Grocery Stores
- Farmers Markets
- SNAP & WIC Offices
- Senior Food Resources

ILLINOIS Extension | UIC | EAT. MOVE. SAVE.

The map is located on the EAT. MOVE. SAVE. website at <https://eat-move-save.extension.illinois.edu/>



Edwards-Lawrence-Richland-Wabash-Wayne-Counties

County Director



Tara Buerster
County Director
Unit 25

Office Support



Lisa Simpson
Office Support Associate
(Fiscal) Wayne County



Debbie Buchanan
Office Support Assistant
Lawrence County



Sheri Pitts
Office Support Assistant
Richland County



Theresa Reid
Office Support Assistant
Edwards County



Lauren Russell
Office Support Assistant
Wabash County



Jessica Simpson
Office Support Assistant
Wayne County

4-H Youth Development

OPEN
4-H Youth Development
Educator



Yvette Anderson
4-H Youth Development
Program Coordinator-Wayne



Debra Collier
4-H Youth Development
Program Coordinator-Edwards



Sam Gaither
4-H Youth Development
Program Coordinator-Lawrence



Jessica Ochs
4-H Youth Development
Program Coordinator-Richland

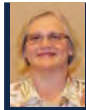


Megan Pierson
4-H Youth Development
Program Coordinator-Wabash

SNAP-Ed



Savanah Summerfield
SNAP-Ed Community Worker
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Carol VanMatre
SNAP-Ed Community Worker
Wabash-Lawrence Co.

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