



UNIVERSITY OF ILLINOIS  
EXTENSION

# Extension in ACTION

The Joint Council of Extension Professionals is a collaboration of University of Illinois Extension employee associations. These associations are working to enable people to improve their lives and communities through learning partnerships that put knowledge to work.

## Refugee Food Insecurity

Rock Island County has seen an influx in its refugee population, welcoming families from Africa, Burma, Iran, Iraq, and Nepal. Language and cultural differences create unique obstacles to their transition.

U of I Extension's Expanded Food and Nutrition Education (EFNEP) staff discovered many refugees on food stamps and WIC do not understand how to purchase and prepare foods using the program. With assistance from interpreters, sign language, pictures, and sheer determination, Extension staff provided nutrition education and cooking classes to refugees—teaching them everything from how to open a can to how to prepare nutritious meals. They also led refugees through their neighborhood grocery store to show them where WIC foods are located and how to check out using WIC coupons.

The store manager is appreciative, saying their checkout process has greatly improved because of the lessons. Approximately 85 male and female refugees have taken part in the program, with more programs underway.

## Investing in Illinoisans and Their Communities

University of Illinois Extension is reshaping its educational programs to serve Illinoisans better—adding capacity for programs on the issues that matter most, from preventing childhood obesity, to producing bio-based energy, to preparing tomorrow's workforce.

Money saved from closing regional Extension centers is being redirected to support local educational programs—high-impact programs that help make life better, healthier, safer, and more prosperous for Illinois residents and their communities.

People trust U of I Extension programs because they know those programs are based on

can do an even better job of applying the latest research data to real-world problems.



*investing in people to improve their lives and communities through learning partnerships and educational opportunities*

objective, non-commercial research done at the University of Illinois and dozens of other respected universities around the country. Some educators will actually be a part of U of I research units around the state, so they

Even though funding continues to be a challenge, U of I Extension is committed to making the kinds of changes that will help create a better life for the next generations of Illinois residents.

## U of I Extension Multi-County Unit Directors Named

Margaret Larson —  
JoDavie/Stephenson/  
Winnebago

Vicky Broos—  
Boone/DeKalb/Ogle

James Reeves—  
Lake/McHenry

Joe Schwamberger—  
Carroll/Lee/Whiteside

Sandra Davis—  
DuPage/Kane/Kendall

Willene Buffet—Cook

Tony Franklin—Henry/  
Mercer/Rock Island/Stark

Jill Guynn—Bureau/  
LaSalle/Marshall/Putnam

Beth LaPlante—  
Grundy/Kankakee/Will

Lisa Fulkerson—Henderson/  
Knox/McDonough/Warren

Earl Allen—Fulton/Mason/  
Peoria/Tazewell

Cynthia O'Neill—Livingston/  
McLean/Woodford

Ginger Boas—Champaign/  
Ford/Iroquois/Vermillion

Kristin Huls—Adams/Brown/  
Hancock/Pike/Schuyler

Aaron Dufelmeier—  
Calhoun/Cass/Greene/  
Morgan/Scott

John Fulton—  
Logan/Menard/Sangamon

Doug Harlan—  
DeWitt/Macon/Piatt

Denise Kistner—Christian/  
Jersey/Macoupin/Montgomery

Jim Looft—Coles/  
Cumberland/Douglas/  
Moultrie/Shelby

Stacy Larson—  
Clark/Crawford/Edgar

Rachelle Hollinshead—Clay/  
Effingham/Fayette/Jasper

Pam Jacobs—  
Madison/Monroe/St. Clair

Molly Hamilton—  
Bond/Clinton/Marion/  
Jefferson/Washington

Connie Beck—  
Gallatin/Hamilton/Hardin/  
Pope/Salin/Wayne/White

Joel Brumley—Edwards/  
Lawrence/Richland/Wabash

Julie Mumbower—  
Franklin/Jackson/Perry/  
Randolph/Williamson

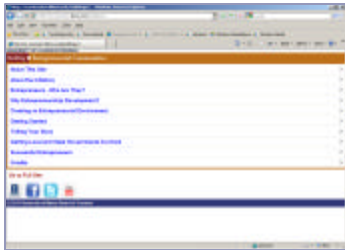
Jody Johnson—  
Alexander/Johnson/Massac/  
Pulaski/Union



## Mobile Versions of U of I Extension Websites Available



Let's Talk About Insects is designed to help students ages 9 to 11 gain an appreciation of insects, learn how insects grow and develop and discover how important they are in our environment. The website is now available in a mobile version at <http://m.extension.illinois.edu/insects>.



Building Entrepreneurial Communities is an online resource to help rural community leaders better understand the needs of entrepreneurs. The mobile version is available at <http://m.extension.illinois.edu/buildingec>.

More U of I Extension mobile-friendly websites can be found at <http://m.extension.illinois.edu>.

## 4-H Addresses Legislative Internet Safety Mandate

University of Illinois Extension educators and Regional Offices of Education #26 and #1 have partnered together to promote internet safety awareness and to offer education and resources for students, parents, and community members.



Through the course of the year, U of I Extension also provided informational pieces potentially reaching over 10,000 students at school registration as well as other fact sheets and on a monthly basis. Internet Safety Awareness Assemblies were made available by utilizing the 4-H model

of research-based, experiential learning for 3<sup>rd</sup>-8<sup>th</sup> grades, reaching 459 students.

Topics include:

- Use of safe and responsible networking sites
- Awareness of harassment or cyberbullying
- Identification of illegal activities and communication

Community sessions were offered to adults and caretakers on the importance and the methods to keeping kids safe online. Focus was to help identify and recognize use of solicitation and online predators. At least 2 potential incidents of online cyber bullying were later identified and addressed as a result of the awareness made in the community presentations.

## Reaching Local, Regional, National, and International Small Ruminant Producers

Foreign-born and ethnically diverse populations have a strong preference for lamb/goat meat, and their growing numbers in the U.S. provide dynamic markets for beef producers seeking ways to diversify their operations. Beef producers are uniquely positioned to transition into small ruminant production as they possess knowledge of herd and pasture management, breeding, and marketing. However, goat/sheep production has its own inherent, specific issues that can increase risk.

Beef producers in southern Illinois, through surveys, expressed an interest in educational programming on goat and sheep production. As a direct result, a free webinar was developed and held every Wednesday from Jan. 26 to Apr. 20, 2011. It is supported by a grant from the North Central Risk Management Education Center.

The ultimate goal of the webinar program is to provide cattle producers with the knowledge necessary to minimize risk. Areas of



particular concern include nutrition, parasite and predator control, fencing, breeding, purchasing stock, kidding/lambing, and marketing.

While primarily designed for producers in the Midwest, the webinar has blossomed into an international program. Currently 13 students representing seven countries are registered. The remaining 92 students represent 12 states with the vast majority from six states in the Midwest. One participant commented, "Everything is great! I started my first class on my iPhone at work and finished it at home on the computer, so I would like to say that the set up is very good and flexible."

## Master Gardeners Give to Food Banks

The gift of food is precious. Throughout the state, U of I Extension staff and volunteers sent 179,500 pounds of produce to Plant a Row for the Hungry in 2010.

Specifically, in Quincy, Master Gardener volunteers teach neighborhood youth to plant, weed, and harvest produce; they share their gardening knowledge with adult gardeners; and several of them maintain a separate plot where all the produce goes to local food banks. There are 45 free garden plots in two separate locations in Quincy. The Quincy Community Garden was started in 2006 by U of I Extension. In 2010 the project expanded to a second location and quadrupled in size. Two times a week vegetables are harvested (and combined with more from surrounding plots). Then they are delivered to local food pantries.