Here are a few great things I wanted to share that happened during the 2016-2017 year:

This past year started with great news, a $5,000.00 grant through The Lumpkin Family Foundation was secured to support programming efforts around an Eat Local Initiative.

This programming effort has been on my list for several years as something I had hoped the staff could collaborate on. The Eat Local Initiative was a project that didn’t have an age requirement. It crossed over into all the programming areas represented by Unit 18 staff, such as community and economic development, horticulture, nutrition and wellness, and youth development. If done correctly, the programming can create many win-wins for participants, staff and the overall health of the community. The primary goal is to educate the public on opportunities to grow and buy locally produced foods and beverages.

The programming started in January with a five part series on how to start and grow specialty food businesses. Classes ranged from business planning, cottage laws, marketing/branding and how to use social media to reach new audiences. Starting in May, and continuing throughout the summer, were numerous classes that taught attendees how to grow and cook with fresh herbs, strawberries, and cucumbers. Tomato growing and preservation, jam making, and freezing and drying to make the garden last longer were also classes offered throughout the summer. A special cooking school, featured on page 9, was even developed and delivered to educate area youth on locally grown foods and how to turn them into a meal. Lastly, this programming brought opportunities for new partnerships. In Christian County, a partnership with the Christian County YMCA, located in Taylorville, led to weekly classes with area youth and tours to a local food cooperative. In Montgomery County, a partnership with the Hillsboro Area Hospital and their summer lunch program, led to weekly classes with area youth and tours to Anderson Pumpkin Farm and Kern Family Orchard.

The staff have had many successes with the Eat Local Initiative, and requests for more programs. We hope this is the first of many years of programming around the subject of Eating Local. First, we must educate on the potential, then we teach how to change ones behavior, and the ultimate goal is an environment impact from implementation.

As you read this year’s annual report, you will see numerous other stories of education, partnerships, tradition, and the staff reaching new audiences through new types of programming. Enjoy and thank you for your support.

We are here to serve.
Amanda Cole

County Extension Director
amandac@illinois.edu

Cover Photos
Top Left: Unit 18 4-H Shooting Sports participants practice their marksmanship at Brittany Shooting Park in Bunker Hill.
Top Right: 5th graders at Russell Elementary School in Litchfield. Hensen-Robinson Zoo brought several animals, including an Asian Mountain Turtle, which was eager to greet the kids that day.
Bottom Left: Participants in Jersey County learned about how to use water color paints and about the artwork of Georgia O’Keeffe.
Bottom Right: Christian County YMCA Day Campers toured August Creek Farm in Assumption, IL in cooperation with the University of Illinois Eat Local Initiative.
UNIT 18 COUNCIL MEMBERS
(2016 - 2017)

<table>
<thead>
<tr>
<th>OFFICERS</th>
<th>FIRST NAME</th>
<th>LAST NAME</th>
<th>COUNTY</th>
<th>CITY, STATE &amp; ZIP</th>
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<tbody>
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<td></td>
<td>Sandra</td>
<td>Bechtold</td>
<td>Jersey</td>
<td>Jerseyville, IL 62052</td>
</tr>
<tr>
<td>VICE-CHAIRMAN</td>
<td>Michael</td>
<td>Brokaw</td>
<td>Christian</td>
<td>Taylorville, IL 62568</td>
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<tr>
<td></td>
<td>Todd</td>
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<td>Morrisonville, IL 62546</td>
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<td></td>
<td>Barb</td>
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<td>Merandia</td>
<td>Jack</td>
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<td>Katie</td>
<td>Paulek</td>
<td>Christian</td>
<td>Stongton, IL 62567</td>
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<td>CHAIRMAN</td>
<td>Charles</td>
<td>Peterson</td>
<td>Montgomery</td>
<td>Coffeen, IL 62017</td>
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<td>SECRETARY</td>
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<td>Schafer</td>
<td>Jersey</td>
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<td>Pamela</td>
<td>Weber</td>
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<td>FINICAL REPORTER</td>
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<td></td>
<td>Evan</td>
<td>Young</td>
<td>Montgomery</td>
<td>Fillmore, IL 62032</td>
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</tbody>
</table>

VOLUNTEERS ARE MAKING A DIFFERENCE
In 2016-2017, 150 4-H Leaders & Master Gardeners, along with dozens more event volunteers, helped with Extension programming throughout Unit 18. We are grateful for their many hours of service to the community.

Jeanette Baker, Macoupin County Master Gardener, works the ground for the community service portion of a job shadowing program.

Sarah Haslett, Natural Resource Specialist with Lake Shelbyville Army Corp of Engineers, teaches about native turtles at Christian County Conservation Day.

Volunteer Edith Crouch teaching a 4-H cooking class on Philippine cuisine, helps a young participant in Montgomery County.

University of Illinois College of Agricultural, Consumer & Environmental Sciences * United States Department of Agriculture * Local Extension Councils Cooperating. University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate in this program, please contact our office. Universidad de Illinois ofrece igualdad de oportunidades en programas y empleo. Si usted necesita un ajuste razonable para participar en este programa, por favor póngase en contacto con nuestra oficina.
EXTENSION STAFF ARE MAKING AN IMPACT
Dudley Smith Research Farm

College of ACES and the Nutrient Research & Education Council (NREC) are supporting a nutrient loss and water quality research project taking place at the Dudley Smith Farm site. The College of ACES / Office of Research, through the Dudley Smith Initiatives, announced a 3-year study titled: “Balancing water quality and nutrient management goals for the sustainable intensification of corn systems”. This project will help answer questions on the effects of combining water quality practices on corn production and tile drainage nutrient losses in IL. The Dudley Smith Beef Cow-Calf Field Day was an “in-office” field day that highlighted the latest on beef cattle grazing systems and livestock management in research trials in place at the Dudley Smith Farm.

At the Dudley Smith Farm Field Day, area producers learned about the recently launched research project taking place on the farm and heard from an area livestock producer. A tour of the test plots gave attendees an opportunity to view the new drainage system and the automated water sampler.

West Central Illinois Agronomy Day

West-Central Illinois Agronomy Day was held February 14th at Lincoln Land Community College in Litchfield from 8:30 a.m. until noon. Over 80 producers, from throughout the West-Central Illinois area, attended.

The conference featured six researchers who discussed the latest developments in crop sciences, as well as challenges facing farmers in 2017. CCA CEU credits were available.

Annie’s Project is a six-part course offered by University of Illinois Extension in partnership with Annie’s Project. The program looks to empower women in agriculture by holding discussion-based workshops that bring women together to learn from experts in production, financial management, human resources, marketing and the legal fields.

Annie’s Project was offered at the Christian County Extension office in Taylorville, IL from 9:00am– 12:30 pm on February 1, 3, 8, 10, 15 & 17, 2017. Throughout the six-part course, participants heard from a variety of speakers on a wide range of subjects important for operating a farm.

Annie’s Project participants learned about business planning and financial statements from Pam Schallhorn, University of Illinois Extension Community and Economic Development Educator.
University of Illinois Welcomes New Master Gardeners

Upon completion of training, participants become a Master Gardener Intern, and each will contribute 60 hours of volunteer service within a two-year time period to become an active Master Gardener. To maintain active Master Gardener status, volunteers must obtain a minimum of 10 hours of continuing education and volunteer 30 hours of community service per year at a recognized Master Gardener project. Master Gardeners participate in more than 60 hours of training taught by U of I specialists and Extension educators.

Master Gardeners involve people in improving the quality of life and helping them find sound management practices for home and urban natural resources. It creates aesthetically pleasing environments by promoting well-being through people-plant interactions and horticultural therapy, and by contributing to a safe, abundant food supply through home fruit and vegetable production.

The Master Gardener program is an all-volunteer organization made up of adults of all ages who love gardening and who have previous gardening experience.

Landscape Pruning Workshops

Participants in all counties learned why, when, and how to prune common landscape trees and shrubs. University of Illinois Extension, Horticulture Educator, Andrew Holsinger, introduced the concepts of proper pruning. Participants learned the science behind the effects of pruning. They also learned how to properly care for pruning tools, pruning tool safety and methods of keeping your tools clean.

Master Gardeners Hosted Oak Wilt Disease Management & Prevention Program

Christian County Master Gardeners hosted a program on the management and prevention of oak wilt disease at the Christian County Extension office in Taylorville, IL. Participants learned how oak wilt disease progresses rapidly, and kills some trees within one to two months of onset of symptoms. It is the deadliest of all pathogens, affecting oaks in the 20 states surrounding Illinois, and infection centers have been found in recently throughout our area. Guy Sternberg, past president of the International Oak Society and director of Starhill Forest Arboretum (starhillforest.com) in Petersburg, Illinois, was the program speaker. He has dealt with this problem twice at the Arboretum (the largest botanical collection of oaks in North America), and explained how to recognize, prevent, and defeat it.
Future Leaders Learn About County Government at 5th Annual Macoupin County Board Shadowing

University of Illinois Extension teamed up with the Macoupin County Board to provide an evening of hands-on, close-up learning about local government. Youth had the opportunity to meet Board Chairman Mark Dragovich and other county board members to discuss their role and responsibilities within government. This year marked the fifth anniversary of the program.

The program began with a community service project in which Board Chairman Mark Dragovich, and other county officials present joined with the youth working in two landscape areas around the County Jail and the Historic Jail. Work included mulching, weeding, and planting. Plantings included Route 66 Coreopsis flower and all plants were donated by the Macoupin County Master Gardener program. Andrew Holsinger, Extension Horticulture Educator and Jeanette Baker, Wanda Dixon, and Paula Robinson, Master Gardeners, assisted the volunteers and answered horticulture related questions throughout the evening.

After completing the community service project, the youth and officials moved to the County Board meeting room where they had a working dinner. Participants were able to ask questions, learned more about county government and discussed issues affecting the community.

U of I Grads Conduct Research for Montgomery County Recycling

The Montgomery County Recycling Program established in mid 1990’s offers ten drop off locations throughout the County, which collect aluminum cans, tin cans, paper, plastic and dry cardboard. There is only one baling facility for the program and that is located in Hillsboro. All collected material eventually ends up at the Hillsboro location to be sorted and bailed.

The County, facing a list of program and industry constraints, worked with U of I Grad students and the local U of I Extension office to analyze the current situation in hopes of finding ways to create a long term, self-sustaining program.

The Grad students produced three scenarios, which could improve income and reduce expenses, therefore creating a break-even analysis and ultimately program sustainability.

The County agreed that it was best to search for grants and funding that allow them to make necessary upgrades to equipment. These upgrades would allow larger quantities of product to be picked up and transported to the main facility, which would reduce person-hours and increase potential revenue.

Over 100 Teachers Participate in Poverty Simulation

Educators from the Pana school district, as well as Mid-State Special Education, participated in a poverty simulation offered by University of Illinois Extension at Pana High School. The simulation entitled “Community Action Poverty Simulation” (CAPS) promotes a greater understanding of poverty through a live-action simulation.

During the simulation, participants role-play the lives of low-income families: from single parents trying to care for their children, to senior citizens trying to maintain their self-sufficiency on Social Security. CAPS bridges the gap from misconception to understanding. CAPS is an interactive immersion experience. It sensitizes community participants to the realities of poverty.
Community & Economic Development
FAMILY & CONSUMER SCIENCE
Nutrition & Wellness

Smarter Lunchroom Movement

During this past year, Lisa Peterson was able to provide outreach to five different school districts in central Illinois. Classes ranged from an introduction to the Smarter Lunchroom Movement to training on reimbursable meals and portion distortion.

The Smarter Lunchroom Movement is funded by the USDA’s Supplemental Nutrition Assistance Program – SNAP and the Illinois Board of Education, in partnership with the University of Illinois Extension. These programs are provided to school districts at no charge.

The mission is to provide school lunchrooms with evidence-based tools that improve child-eating behaviors and thus improve the health of children. Simple changes in the lunchroom, from marketing to placements, can increase sales of healthful choices and promote a healthy lifestyle.

5th Year of Unit 18 HCE Membership Retreats

University of Illinois Extension hosted an all-day fall retreat of the Home and Community Education Association (HCE) on October 13. Thirty members from Christian, Jersey & Macoupin County HCE units gathered at the Montgomery County Extension office in Hillsboro to hear from Montgomery County Undersheriff Rick Robbins, who talked about drug abuse, and Terri Miller, Publicist & Promotions Specialist, talked about technology for Seniors.

HCE members also created a “Thanksgiving Tree”, by writing down what they were thankful for on paper leaves.

Social Media Impact


Twitter @MSSNutrition: 436 Followers

Facebook UIE: Nutrition & Wellness - Montgomery, Macoupin, Jersey & Christian County: 60 Members

Homegrown Cooking with Kids Camp in Morrisonville

University of Illinois Extension provided a hands-on, three-day cooking camp in Morrisonville, IL. These classes provided youth entering 3rd - 5th grade the opportunity to learn basic cooking skills, the importance of good nutrition, food safety, and how to cook with local and seasonal foods. Each session participants prepared recipes and taste tested food produced in the area, as well as participated in additional engaging activities.
Extension Cooks Up Fun with “Illinois Jr Chef” Culinary Camps

This summer, University of Illinois Extension Unit 18 in cooperation with Illinois Nutrition Education Program-SNAP ED, & Illinois 4-H hosted “Illinois Jr Chefs”, a 5 day cooking camp, across the Unit. Reaching out to over 250 youth and utilizing volunteers from the communities, these camps were free and open to children between the ages of 8-12 years. The camps offered kids the opportunity to make their own nutritious meals and get excited about healthy foods like whole grains, and low fat dairy. Also, they learned how to add more fruits and vegetables to their meals. Participants not only learned how to prepare delicious and nutritious meals, but also hand washing and sanitation practices, as well as food and kitchen safety. Snap Ed Extra- Help and community volunteers were on hand to teach lessons and work with participants throughout the hands-on camps. The programs were offered in Kincaid, Pana, Stonington, Taylorville, Hillsboro, Nokomis, Raymond, Coffeen, Carlinville, Gillespie, Hettick, Girard and Jerseyville.

“I have been attending the camp for four years now! I hardly ever ate any vegetables, but since coming to the camps I started eating more varieties of foods. I used to hate tomatoes and peppers, but when we added them to the recipes we made here, I love them.” - Psymon Dickey, Kincaid Jr. Chef Camp participant.

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<th>Age Group</th>
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<td>277</td>
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<td>Youth: 5-17 Yrs</td>
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<td>Adult: 18-59 Yrs</td>
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<td>Totals by Gender</td>
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<td>Other</td>
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<td>Totals by Ethnicity</td>
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<td>11,616</td>
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</table>

A total of 11,694 SNAP eligible individuals received services in the form of education from July 1, 2016– June 30, 2017.
Community & Economic Development

4-H Program

4-H Health Jam
Pana fifth graders at Lincoln Elementary School recently participated in 4-H Health Jam, a program to promote a healthy lifestyle, get students up and active and introduce students to health-related careers. Over the course of several weeks, the students participated in Zumba, Yoga, learned about nutrition topics including, the MyPlate Dietary Guidelines, portion sizes and the hidden sugar in drinks. In addition, each student was given a pedometer to keep track of his or her daily steps and were encouraged to get in at least 2,000 steps a day (1 mile). Each classroom was encouraged to total their steps in order to “Walk Across Illinois”, from East Dubuque, Illinois to Cairo, Illinois (465 miles). Each class succeeded in the challenge and students received a t-shirt to recognize their accomplishment. On the last day of the program, Pana Community Hospital provided staff from the hospital to talk to the students about medical and health related careers. The speakers included: Drew Casner (Sports Medicine), Karen Beck (Occupational Therapy), Deb Culumber (Diagnostic Imaging), Bob Ludwig (Anesthesia) Blair Angel (Family Nurse Practitioner), and John McQuillan (Fitness Manager).

4-H International Cooking SPIN Club
“It’s our normal cooking club where the youth learn to follow recipes, kitchen safety and measuring but with an international spin” says Elisha Hughes, 4-H Coordinator. Youth from Montgomery County attended the first 4-H International cooking club meeting with a focus on the Philippines. Edith Crouch of Coffeen was the teacher for this meeting. She led the kids through the process of making “Lumpia” (egg roll) and “Turon” (Banana roll). Edith and her husband, Phil talked about differences between shopping in US and Philippines, and differences in school here and there. Edith brought traditional clothing and other items used in the Philippines. The youth learned the greetings and practiced them throughout the class.

4-H Art SPIN Club
4-H Art Club members have been meeting at the local U of I Extension office in Carlinville. The focus this year was three-dimensional art. Youth created a variety of visual art projects with guidance from art instructor Suzi Humphreys of Chesterfield. Suzi shared her knowledge and passion for the arts with local youth during this program. Youth completed paper sculptures, made paper mache creatures, learned about 3-D printers, used 3-D pens and worked with clay to make a coil pot.

Shooting Sports SPIN Club
Started in 2012, it currently has 37 members, making it one of the largest clubs in Jersey County. This club offers disciplines in archery and shotgun and holds meetings at Otter Creek Hunt Club, Tri County Rod Gun Club. During the winter months, archery meets at West Elementary School. Members take part in the Unit 18 Fall Classic and State Shoot. The club currently has four trained volunteers who go above and beyond to work with the youth. Volunteers enjoy their specialty and want to share that with the kids. This club would not be possible without the generosity of the Jersey County 4-H Foundation, an NRA grant, a Walmart grant, Quail Forever—Pioneer Illinois Chapter, National Wild Turkey Federation and Jerseyville Farm & Home Supply.

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Participants explored the basics of art and discovered helpful pointers when working with different types of art supplies.

For the final art session, members were given the opportunity to “go to college.” Blackburn College Art Professor, Bob Huber, gave the group a tour of the Renner Art Building at Blackburn and provided information and insight on the arts.
**Christian County Ag Literacy Program**

256 programs providing agriculture literacy education to 5,514 youth and 714 adults were delivered in the 2016-2017 school year. Thirteen education centers utilized Ag in the Classroom programs, which accounts for 100% participation by public and private schools in Christian County in the targeted grade levels of Kindergarten through 4th grade.

Almost 650 students from 3rd-6th grade classrooms participated in a unique hands-on learning program about environmental stewardship. Students completed soil and water filtration experiments and planted test tube terrariums.

Over 300 students and adults attended the Christian County Conservation Day held at Kehias Arboretum located west of Pana, which served as the perfect location for students to participate in hands-on education. 3rd and 4th grade youth from schools across the area were able to engage in a variety of outdoor classroom activities led by fourteen expert speakers on water, soil, animals, trees, recycling and other environmental topics.

Twelve classrooms hatched chicks in the classroom as part of the Agriculture Literacy Program. Summer agriculture programs were offered to youth at public libraries and the Extension office on topics including soil, worms, edible roots, inventions and water conservation.

**Montgomery County Agricultural Literacy**

Nearly 1,000 students per month were reached by Ag in the Classroom in Montgomery County last year. This includes a combination of classroom presentations with hands-on activities and teachers utilizing our kits in their classrooms.

Over 300 4th graders attended the Montgomery County Safety Day held at the 4-H Park in Butler, IL. Students attended different stations and learned about farm, fire, railroad, animal, digging grain bin & PTO, electricity, animal, handwashing and bike safety. Other stations were, medical emergency identification, Be Safe, Don’t Smoke & The Pillowcase Project.

Almost 30 classrooms in Montgomery County hatched chicks in the classroom last year. The program supplies the incubators, egg turners, eggs (over 500), feeders, feed, heat lamps, and educational materials.

The Summer Library Program was offered again at public libraries throughout Montgomery County. Presentations and activities were based on the book “The Inventor’s Secret: What Thomas Edison Told Henry Ford”.

**Macoupin County Agricultural Literacy Program Highlights**

Thanks to our 49 sponsors, the Macoupin County Agricultural Literacy Program has shared the importance of agriculture and the role it plays in our everyday lives with people of all ages for 21 years. More than 3,391 students and 696 educators were reached through 354 classroom programs, 47 hours of teacher workshops, hands-on resources, materials and newsletters.

During our four-day Summer Agricultural Institute, eleven educators from Calhoun, Christian, Macoupin, and Montgomery Counties learned more about various aspects of agriculture. Traveling workshops included Danforth Plant Science Center, St. Louis Science Center GROW Exhibit, Marcoot Jersey Creamery, Greenville Livestock Auction, Villa Rosa, Inc., Brad & Betsy Meisenheimer’s farm, and Vixen Hill Winery. Presenters included Mary Ellen Raymond – Beekeeper and Laura Volmer from IL Agriculture in the Classroom. Educators tried hands-on multidisciplinary activities all correlated to the learning standards. They received innovative, classroom ready materials and learned about project grants available. Educators were able to earn 28 professional development hours or two graduate credit hours for the course.
### FY17 Revenue Sources

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*Includes reserve funds used  
**GRF passed through campus to Unit  
***Includes Federal SNAP-Ed & Smith-Lever Dollars

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### FY2017 Revenue Sources

- **Local**: 70.03%  
- **Federal**: 19.75%  
- **State**: 10.21%

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### Revolving Account

FY2017 Unit 18  
Income Breakdown as of June 30, 2017

- Seminar/Conf/Reg Income: $2,746.00  
- Other Sales: $2,367.40  
- Other Services - Recovery: $10,352.58  
- Pub/Printing/Copy Sales: $16,296.64
**Webinars**

Webinars allow participants to learn from the comfort of their home computer. These classes are live so they can ask questions of the presenters, and are also recorded & shared on the University of Illinois Extension’s YouTube channel for later viewing.

**Website**

- **1,964,333** Total Page Views Since July 2011
- **636,621** Total Page Views FY2017
- **1,744** Average Views / Per Day FY2017

**Social Media**

- **Unit 18 Facebook Page:**
  - 556 Likes
  - 188 Average Daily Reach
  - 68,620 Total Reach FY2017
  - 119 Facebook Group Members
  - Christian County 4-H - 374 Likes
  - Jersey County 4-H - 567 Likes
  - Macoupin County 4-H - 547 Likes
  - Montgomery County 4-H - 406 Likes
  - Montgomery FABLAB Group: www.facebook.com/groups/FABLABMC/

- **Unit 18 Twitter:**
  - 137 Followers
  - 90 Average Daily Views
  - 33,009 Total Views FY2017

- **YouTube Channels:**
  - Unit 18: http://go.illinois.edu/YouTube18
  - Montgomery County FABLAB: http://go.illinois.edu/FABLABYouTube

**Blogs & Reports**

- **Website Blogs:**
  - A Locavore’s Journey
  - Local Flavors
  - Illinois Nutrition Edition
  - Mission Nutrition
  - Our Illinois 4-H Story
  - Terra to Canopy

**Did You Know That From The Extension Website You Can?**

- View Extension Connections Magazine & Unit Reports
- Download 4-H Newsletters and Forms
- Register for programs on-line.
- Find contact information for our offices and staff.
Office Information

Montgomery County
(Main Office)
#1 Industrial Park Drive
Hillsboro, IL 62049
Phone: 217-532-3941
FAX: 217-532-3944
Email: uie-cjmm@illinois.edu
Hours: Monday - Friday 8am-12pm; 1pm-4:30pm

Christian County
1120 N. Webster Street
Taylorville, IL 62568
Phone: 217-287-7246
FAX: 217-287-7248
Hours: Monday - Friday 8am-11:30am; 12:30pm-4:30pm

Jersey County
201 W. Exchange Street, Suite A
Jerseyville, IL 62052
Phone: 618-498-2913
FAX: 618-498-5913
Hours: Tuesday & Wednesday 8am-12pm; 1pm-4:30pm & Thursday 8am-12pm

Macoupin County
#60 Carlinville Plaza
Carlinville, IL 62626
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Hours: Monday - Thursday 8am to 12pm; 1pm to 4:30pm

Extra Help:
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Anna Fessler
Mary Lou Griffith
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