



2018 IMPACT REPORT

University of Illinois Extension
Jo Daviess, Stephenson and Winnebago Counties

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

2018 ended on a very positive note for Extension in Illinois. State funding was restored after several years of uncertainty, providing relief from the worry of budget woes. 2018 was a year of growth for us; we were able to add staff, volunteers, and expertise. In January, Phillip Alberti joined our staff as the first unit-based commercial agriculture educator in the state in many years, adding a new focus to our already vibrant agriculture-related programming. Our SNAP-Ed program became fully staffed in June, with seven individuals working in two counties. We held three volunteer trainings in the unit, adding an impressive number of new Master Gardener and Master Naturalist interns throughout the area. A regional training for 4-H leaders was held in March, drawing participants from all over northern Illinois and engaging both our 4-H youth development educators and state 4-H staff as presenters. Staff learned from local experts, with ALICE active shooter training provided by a local sheriff's deputy and an excellent session on working with individual with disabilities provided by a RAMP staff member. Both trainings provided all attendees with new knowledge and skills useful both on the job and in other personal involvements.

I continue to be grateful for the opportunity to lead the excellent staff serving Jo Daviess, Stephenson and Winnebago Counties, who impact our communities in so many ways. Our volunteers and supporters, such as the Extension Council and the local affiliated foundations, are wonderful to work with and provide us with much guidance and enthusiastic support.

Margaret Larson
 County Extension Director



Margaret Larson
County Extension
Director



Phillip Alberti
Extension Educator,
Commercial Agriculture



Jackie de Batista
Extension Educator,
4-H Youth Development



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Educator, SNAP-Ed



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Gayle Arnold
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Tammy Bene
Office Support Assistant



Julie Miller
Office Support Assistant

Improving Food Access with Shared Bikes and a Trolley

What do Lime Bikes and a trolley have to do with a farmers market? Both modes of transportation were part of a Farmers Market Week promotion to encourage Rockford Housing Authority (RHA) adult residents to visit their local markets. On August 11, eight adults hopped on Lime Bikes and rode to North End City Market for their first visit to a farmers market.

One possible solution to gain access to seasonal produce is to visit a local farmers market. Rockford currently has four farmers markets, with two of them accepting SNAP (Supplemental Nutrition Assistance Program, formerly known as Food Stamps) benefits. Fortunately, the two markets that accept SNAP are 0.5 - 1.5 miles away from North Main Manor and Oleson Plaza.

After speaking at North Main Manor’s July resident council meeting, Carol Erickson, University of Illinois Extension SNAP-Ed educator, found out that the majority of residents had never been to either market or knew that some markets accept SNAP. One of the obvious solutions to purchasing fresh produce became clear — getting residents to a farmers market.

Erickson met with Rockford Mass Transit (RMTA) to find out about bus options to Rockford City Market and North End Market. The trolley route drives past both North Main Manor and Oleson Plaza every Friday night and takes riders to City Market. Another form of transportation, the Lime Bikes shared bike program, was also made available to residents thanks to the support of the general manager of the company.

As a special promotion for Farmers Market Week, Rockford City Market and North End Farmers Market agreed to offer triple value for SNAP redemption at their markets. If SNAP shoppers spent \$10 of their benefits, the LINK Up Illinois program would give them \$20 extra for fresh produce. Ten dollars would instantly become \$30.

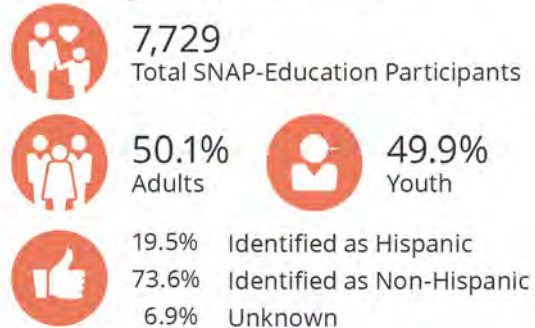
Because of the Farmers Market Week promotion and events, Rockford City Market had 21 and North End Farmers Market had 11 new SNAP customers. Between the two markets, SNAP shoppers spent \$725 of their benefits and received \$1,310 of Link Up coupons to spend on fresh, healthy produce.



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-EDUCATION)

SNAP-Education staff 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



Our Community Partners





Therapeutic Horticulture

Therapeutic horticulture can take on many forms. When we brought the idea to a couple of facilities in Freeport, it was not your traditional thought of going outside to garden. Instead, it became bringing nature and gardening indoors to the residents of the assisted living facilities. Each month the lesson starts with an educational portion, a seasonal topic that we combine with facts and fun quips or legends. The educational portion of the program helps participants learn something new as well as bring back memories of a time when they lived in a home of their own or were gardeners. As part of the lesson, we bring in samples of the plants that we are discussing. For example, in August we brought in 5 samples of annual plants from our own gardens. We have information about each plant and some fun facts about it; we then pass the plant around for participants to touch and smell. The class wraps up with a project. For August, we completed a fresh flower arrangement in a small bowl. Making arrangements is one of the participants' favorite projects. We cut seasonal flowers from our gardens for residents to use in the arrangements.

We base classes on seasonal topics. We bring in 5 or so samples of plants, being mindful of plants that will stimulate the senses. We develop the projects to complement our classes. We make sure that the projects are straightforward, have easy directions, match the dexterity level of our clients and use items from the garden or from nature.



The participants have come to expect our programs on a monthly basis (some even request that we come by once a week). We have experienced how some participants come month after month and how much they enjoy seeing the plants or flowers that we bring in that month. We have also experienced a new participant that was rather agitated at the beginning of the class and really did not want to be there, but by the end of the session, this participant was enjoying the class and willing to come back again. The participants enjoy the projects and like taking them back to their rooms.

We currently offer monthly Therapeutic Horticulture classes at four facilities in Freeport, thanks to the help of three very dedicated volunteers. The support and response has been terrific, and the joy that it brings the participants is the best reward.



Nikki Keltner, Extension program coordinator, was presented the Excellence In Program Support Award at U of I Extension Annual Conference held in Champaign. Presenting the award to Nikki was Shelly Nickols-Richardson, interim associate dean, Office of Extension and Outreach.

An article by Carol Erickson, SNAP-Ed unit educator, was published in the *Journal of Nutrition Education and Behavior*. Erickson reviewed the recently revised "Eating Smart, Being Active" curriculum from Colorado State University Extension. The evidence-based curriculum is one of the primary nutrition education series that is used with limited-income adults across the nation, including Illinois. Erickson's review highlighted major changes and addressed strengths and challenges in the revised curriculum. The article was published in November-December 2018, Volume 50, Issue 10.

Master Gardener and Master Naturalist Volunteer Trainings

Winter and spring of 2018 included three volunteer trainings for the University of Illinois Extension Master Gardener and Master Naturalist programs, bringing with them 35 new Extension volunteers.

Winnebago County kicked off the year with a Master Gardener training beginning February 1. This training was held at Klehm Arboretum and Botanic Garden in Rockford and included 15 trainees. These Master Gardener trainees spent each week learning about various horticulture topics from Extension educators from across the state. Class topics included botany, soils, plant pathology, fruits, vegetables, entomology and integrated pest management, turf, woody plants, annuals and perennials, and more. This group of trainees had wonderful questions and discussions with each of the educators and each other, and they were eager to begin volunteering – many of them starting as soon as the weather turned nice, before the training even ended in mid-April!

Winnebago County also hosted a Master Naturalist training, beginning April 18 and concluding at the end of June. This class was comprised of nine trainees and was taught by local natural resource experts from throughout Winnebago County. Class topics included botany, soils, geology, archaeology, forest ecology, prairie ecology, aquatic ecology, ornithology, mammology, and more. The trainee group was very engaged in each of the topics and enjoyed visiting each of the different nature/forest preserves where the class sessions were held. Thanks to this training we have another group of eager Master Naturalist interns who began volunteering right away!



Winnebago County Master Gardener Interns

Jo Daviess County hosted a Master Naturalist training that began on April 3 and concluded on June 5. The class had 11 trainees and was taught by Extension educators and local natural resource experts from the surrounding area. Topics covered in the class included botany, understanding the natural world, geology, entomology, water quality, mammology, aquatic ecology, and many more. The group of trainees was very engaged throughout the training sessions, and many good discussions were had. The group also enjoyed visiting all of the different natural areas in and around Jo Daviess County. As a result of this training we got a wonderful group of Master Naturalist interns who eagerly started working on their volunteer hours right away.



Winnebago County Master Naturalist Interns



Jo Daviess County Master Naturalist Interns



Winnebago County Master Gardeners receive State Outstanding Awards

Winnebago County Extension would like to congratulate Master Gardener volunteers Jeff and Judy White for receiving State Outstanding Master Gardener Awards at the State Master Gardener Conference in Springfield. The State Outstanding Award was established to honor Master Gardener volunteers who go above and beyond for their local Master Gardener program and community.



Master Gardeners Jeff and Judy White were presented the State Outstanding Master Gardener Award by Tony Franklin, associate director of field operations for University of Illinois Extension.

Winter Trails & Naturalist Tales

On Saturday, February 3, 2018, 45 nature enthusiasts joined University of Illinois Extension for Winter Trails and Naturalist Tales, a program meant to embrace winter's beauty through outdoor exploration and indoor inspiration. This program was held at Atwood Environmental Center in Rockford and included two "naturalist tales" keynote speakers and a "winter trails" outdoor guided hike.

The first naturalist tale focused on winter raptors, eagles, hawks, and owls and all of the possibilities and probabilities they might face during winter migration. Mike Eickman, Master Naturalist volunteer and station master at Sand Bluff Bird Observatory, discussed their habits and habitats and how these raptors hunt for food, and taught how to identify our winter residents and visitors.

The second naturalist tale was all about animal tracking. Peggy Doty, energy and environmental stewardship educator, talked about different types of tracks and gave tips on tracking to help participants gain a better awareness of who has been in their surroundings and to get them thinking about why those animals were there.

After these excellent naturalist tales and lunch, Master Naturalist volunteers led participants on a fun and educational winter hike through Atwood Park. Participants got to use their new tracking skills to look for telltale signs of resident wildlife and practice identifying animal tracks, all while enjoying the serene beauty of the winter trails.

Soybean Research Demonstration Plot and Field Day

In 2018, University of Illinois Extension and Highland Community College formed a partnership to help develop their 8-acre research farm and provide an outdoor classroom for students to gain hands-on experience with crop production and research design. In its first year, the research farm evaluated the effects that various soybean population rates, seed treatments, and fungicide/insecticide applications have on yield and, most importantly, return on investment. The results of this research are available on our website. To expand on the possibilities of research projects such as these, a field day was held in late August to talk about the unique 2018 growing season and the production problems we experienced in our region; educational presentations were given to over 80 local producers, agronomists, and students by Illinois Extension personnel, including Dr. Nathan Kleczewski, Phillip Alberti, and Russ Higgins. Alberti and Highland agriculture instructors Monica Pierce and Justin Ebert put this research plan together. Without the gracious help from our sponsors, community members and producers, led by Jace Kimpel, and a generous donation from Keith Hinrichs, this exciting opportunity would not have been possible. This partnership will continue into 2019 and beyond, as research projects are underway to assess how nitrogen application timing and cover crop implementation impact yield potential and nitrate loss in Northwestern Illinois. We are greatly looking forward to the future of this partnership and the implications it has for producers, students, and the community.



Illinois Pest Monitoring Program (IPMP)

The goals of this program are to assess the prevalence and severity of agricultural pests in Illinois. These surveys not only provide information to producers on a local level but provide important information regarding pest population dynamics across the state. Among the pest monitoring programs he is involved in, Alberti is also involved in the Suction Trap Network (STN); the objective of STN is to monitor invasive aphid populations across the Midwest who are of capable of causing damage in many commercial and specialty crops. The STN has suction traps in 8 states across the Midwest at over 30 sites and provides information at both local and regional levels.



Digital Marketing Curriculum Development

For most local foods farms and entrepreneurs, developing a business in the local food system can be fairly straightforward, in which you are using a local food channel such as a farmers market, restaurant, or grocery store to develop your products and business. Beyond these channels, though, a local food farmer/entrepreneur needs to develop a digital marketing plan in order to connect with customers that do not actively participate in a local food channel. In addition, it is almost expected that if you are selling into the local food system, you will be using digital marketing to expand your reach and engage existing customers.

This digital marketing curriculum began to develop this summer through trainings about social media (Facebook, Instagram, Twitter) and Google Advertising Certification in order to develop a document that could allow local foods/small farms to develop an action plan. Because digital marketing is always changing, very few Extension programs have been developed that take best practices and social media methods for a national marketing plan and translate them to a local level. The end goal for digital marketing for local foods entrepreneurs and small farms is to have their customers engage in a local food channel, meaning that they are making a purchase at a farmers market, ordering meat, selecting their value-added product at a grocery, etc.

Called Deeper Roots, this curriculum will be designed to include a new blog, in-person trainings, and one-on-one consultations for area farmers and entrepreneurs. The action-plan document will also be available as a pdf download. Topics for Deeper Roots include finding your markets, interpreting food trends, conducting market research, understanding current/future customers, deciding on the right social media outlets, implementing Facebook/Instagram/Google advertising, using Google Business, and many others. The launch of Deeper Roots is planned for winter 2019.

Small Ruminants—Sheep & Goats

Illinois Extension commercial agriculture educator Teresa Steckler visited Unit 1 in 2018 to present programs on her specialty, small ruminants. Issues related to raising both sheep and goats were covered during two March programs. “The Benefits of Co-Grazing” was Steckler’s topic at the Northern Illinois Grazing Conference on March 7. The following evening, she presented “The Good, Bad and Ugly: Sheep and Goat Clinic” at the Elizabeth Community Center.

During the grazing conference, Steckler’s presentation focused on the benefits of introducing sheep and/or goats into a beef grazing system. Improved internal parasite management, invasive plant control, improved pasture efficiency, and financial diversification were among the beneficial attributes of co-grazing small ruminants and cattle. Steckler shared it was more effective and better for both species to run small ruminants and cattle in different paddocks within the same pasture. She also discussed the benefit of goats grazing plants that cattle typically will not eat, specifically woody brush plants. Goats can do a good job of clearing the undesirable plants from a pasture area, opening it up for more grass and forage production. Steckler was able to meet one on one with conference participants after her presentation and shared thoughts on individual questions and concerns with the producers.



One of the conversations started with “I probably will be in trouble” coming from the participant. He had heard previous presentations by other educators about using goats to help clear invasive woody plants from forest areas. Steckler’s presentation had started him thinking more seriously about introducing goats into his operation to help clean up an older pasture area.

At the grazing program, several producers asked questions during and after the program. One came up to me to say, “I probably will be in trouble.” But suffice to say he is seriously considering using goats to clean pastures.

TERESA L. STECKLER, PhD, EXTENSION
EDUCATOR, COMMERCIAL AGRICULTURE

The pasture had significant growth of brush and other undesirable plants, resulting in very limited grazing for his cattle. Following the meeting, this individual purchased and placed several goats in this pasture area, seeking guidance from local Extension staff. He reported success with the effort over the summer and is considering continuing grazing in future years.

The Good, Bad and Ugly—Sheep and Goat Clinic was attended by 19 area residents with varying experience in raising and managing small ruminants. Steckler opened her presentation by asking how many participants owned sheep and/or goats. Three hands were raised, with the longest to own being 2 or 3 years. Most attendees were considering owning sheep and goats. The discussion was very lively, with the group asking numerous relevant questions. Most indicated an intent to continue moving toward sheep / goat ownership.

The producers of Unit 1 appreciate the continued programming Dr. Steckler has provided in the area, a far distance from her headquarters in southern Illinois at Dixon Springs Research Center. She works statewide, providing programming on large and small ruminant production, including reproductive physiology and integrated pest management.

Healthy Aging Programming **CHRONIC DISEASE PREVENTION AND MANAGEMENT PROGRAMMING (CDPM)**

As a registered dietitian nutritionist (RDN) and certified diabetes lifestyle coach, nutrition and wellness educator Diane Reinhold is passionate about chronic disease prevention and management programming. With half of all Americans living with at least one chronic disease, and 25% of adults having two or more chronic diseases, this type of programming is needed more than ever. While not all chronic diseases are preventable, many are through education and realistic lifestyle changes.

Reinhold is able to offer low-cost, community-based classes to meet a vital need within communities, some with limited resources.

During these classes, participants gain technical knowledge about chronic conditions and learn how lifestyle behaviors influence the progression and management of disease. The small groups provide support to one another and act as a sounding board as participants share their stories and learn they are not alone in their health challenges.

Reinhold's specialized clinical nutrition training allows for unique and in-depth programming. Reinhold has developed and presented a variety of programs, including Creating a Healthy Eating Plan When You Have Diabetes, Meals for a Healthy Heart, Pre-Diabetes 101, and Understanding Inflammation: How Diet and Lifestyle Influence the Inflammation Process.

Diane Reinhold, nutrition and wellness educator, received national awards during the 2018 National Extension Association of Family and Consumer Sciences annual session, held in San Antonio. As part of the University of Illinois Extension Family and Consumer Sciences team, Reinhold received the second-place national award in Human Development/Family Relationships for the team's efforts in developing healthy aging summits across the state. The team also received the third-place national award in Innovation in Programming for their efforts in helping older adults live well.

Healthy Lifestyles/Living Programs (HLL)

As a nutrition and wellness educator, Reinhold assesses the needs of communities and develops relevant programming tailored to appeal to a broad range of individuals. She has developed, co-developed, and presented Healthy Lifestyles/Living (HLL) programs, which educate participants about the health benefits of making healthy lifestyle choices on a consistent basis.

Through HLL programs, individuals are able to gain awareness, knowledge, and/or understanding about various health behaviors and how those behaviors impact their overall health. The indirect emphasis in HLL programs is on prevention. Prevention is difficult to measure, and overall impact is often not directly evident, but the need for healthy living programs continues to grow as people live longer. During these programs, Reinhold is able to inform consumers, validate and reinforce positive health messages, and provide opportunities to learn new or enhance existing skills through cooking demonstrations, activities, and research-based resources and recipes.

Additionally, HLL programs such as Superfoods to the Rescue, The Mediterranean Eating Plan, An Ounce of Prevention is Worth a Pound of Cure, How a Healthy Lifestyle Saves You Money, and Enjoying a Healthy Holiday Season: Healthy Appetizers, Beverages & More address emerging food trends and health behaviors, such as reducing intake of sodium, unhealthy fats, and calorie-dense foods.



Pictured from left are Kristin Bogdonas, Lisa Peterson, Diane Reinhold, Susan Sloop, NEAFCS president Lora Lee Frazier Howard, Chelsey Byers Gerstenecker, Jenna Smith, Cheri Burcham, and Karla Belzer.



Leadership Academy

Four individuals from Stephenson and Winnebago Counties participated in the 2018 Leadership Academy. It was developed by U of I Extension in partnership with United Council of Illinois (UCCI) to provide leadership training on issues important to elected and appointed county officials.

Over the course of five interactive sessions, the academy covered topics including fiscal management, leadership in crisis situations, data-driven decision-making, managing economic development, change management, managing conflict, and parliamentary procedure. Mike Frerichs, Illinois state treasurer, gave a welcome presentation.

“The academy provides an opportunity for county officials to learn and practice leadership skills and develop a network of peers they can call upon,” explained Anne H. Silvis, assistant dean and Extension community and economic development program leader. “It is always impressive to see the level of commitment and competence among our leadership academy participants.”

Ronnie Bush and Scott Helms of Stephenson County and Frank Haney and Jim Webster of Winnebago County were selected to join a group of 23 local government officials from throughout Illinois to participate in the 2018 Leadership Academy.

Pop-Up Shop Workshop

Pam Schallhorn, community & economic development educator, has helped dozens of creative entrepreneurs to start or expand their businesses. She is an authority on the “creative economy” and has presented on the topic at both state and national conferences. Pam brought her program Developing a pop-up shop to both Freeport and Rockford.

Pam taught the participants that developing a pop-up shop is a low-cost way to start a business while testing a product idea and developing a customer base. She shared basics of the business model for the shops, and in Freeport she offered the class in Pretzel City Kitchens, a shared-use community kitchen that recently opened in downtown Freeport.

4-H Hall of Fame Award

Three local individuals received the 4-H Hall of Fame Award at the Illinois State Fair in August. This year celebrated the 14th anniversary of the award, said Angie Barnard, Illinois 4-H Foundation executive director. “These long-time volunteers fully embody what 4-H strives to instill in youth,” Barnard said. “They are caring, dedicated, generous leaders, and the Illinois 4-H Foundation is extremely proud to be able to provide this honor to each and every one of them to thank them for their service to this wonderful organization.”



Brian Lyons, Winnebago County; Pat Yeagle, Stephenson County; Marvin Schnitzler, Jo Daviess County

Mia Chase—Extension 4-H Community Worker



Juvenile Detention Center Program

The 4-H Tech Wizards program was facilitated at the Juvenile Detention Center in Machesney Park in 2018 as a six-month effort. Sixty-three youth, grades 6 through 12, were served. Led by Extension Community Worker Mia Chase, the youth involved engaged in hands-on, experiential activities related to electricity, circuitry, circuit maze gaming, snap circuit experimentation, and architecture (various tower constructions). The youth also learned to conduct various science experiments, such as air-powered car designs, stomp rockets, KEVA plank challenges, water filtration activities, and more. These types of activities contributed to strengthening STEM field skills, critical thinking ability, concentration, focus, and constructive creativity as well as team building and social skills. Some environmental science activities were a collaboration with Rockford Public School 205 teachers to enhance and reinforce curriculum. 4-H Tech Wizard participants also engaged in various technologies, such as the use of quadcopters, and virtual reality.

The youth at this facility have all come from difficult and troubled situations and lifestyles, frankly. Engaging STEM through the 4-H Tech Wizards program seemed to help these youth redirect from the effects of poor circumstances and behaviors to positive and hopeful attitudes. This program is an example of Extension's positive youth development programming that has highly impacted at-risk youth.

4-H Tech Wizards in Rockford is funded through a three year grant from the Community Foundation of Northern Illinois.



4-H Volunteer Training

In March 2018, 4-H youth development educator Jackie de Batista partnered with Johnna Jennings, Dr. Michelle Cox, and Martha Ebbesmeyer—4-H youth development educators in Extension Units 2, 3, and 4—to offer a targeted training for 4-H volunteers in the region. 4-H members spend more time interacting with volunteers at club meetings than they do with Extension professionals, which makes it imperative that current volunteers understand and incorporate research-supported positive youth development (PYD) principles into club meetings and activities.

The Regional 4-H Leadership Training was held on Saturday, March 3, 2018, in Rockford. The training taught attendees the importance of incorporating PYD practices into club meetings, encouraged implementation of new ideas and activities, and provided a platform for idea sharing and collaboration among 4-H club leaders.

Forty-six volunteer leaders from eleven counties attended, including three youth leaders. All sessions were taught by the four unit educators plus two state 4-H specialists, Debra Stocker and Patricia McLaughlin. Volunteers could choose to attend four of the following eight breakout sessions:

- ▶ Club Management Best Practices
- ▶ Make Your Club Meetings Fun & Interactive
- ▶ Leadership & Team-Building Exercises to Strengthen Your Club
- ▶ Community Service vs. Service Learning: The Difference & Why It Matters
- ▶ Engaging Older Teens



4-H leaders Constance Gleasman of Winnebago County and Kathy Baumgartner of Stephenson County

- ▶ Understanding State 4-H Awards
- ▶ Cloverbud Program Management & Activities
- ▶ Welcoming New Club Members—Creating an Inclusive Environment

The event provided volunteers a distinct educational and social benefit. Formal evaluations showed intent to change practices as volunteers, the most important outcome of the day, while parting comments included exclamations of how fun and reinvigorating it was to spend the day with 4-H volunteers from different counties. Volunteer participants felt part of a supportive and engaged community of youth workers, something that will have long-ranging, positive implications for club members and 4-H program quality for years to come.

Rural Pharmacy Education Program (RPHARM)

Each summer, faculty and students from the University of Illinois Chicago College of Pharmacy-Rockford's Rural Pharmacy Education Program (RPHARM) partner with Illinois Extension and 4-H to visit county fairs in northern Illinois. During the Stephenson and Winnebago county fairs, the pharmacy personnel were located in the 4-H buildings and were available to provide blood pressure screenings, answer drug information questions, and conduct interventions, if necessary. Pharmacy students and faculty logged 86 hours at these two fairs. Participation increases each summer, providing the pharmacy students and faculty with excellent community-based experience and an enhanced partnership with Illinois Extension.

2018	Stephenson County	Winnebago County	Total
Screenings	86	134	220
Student hours	48	38	86
Faculty hours	26	26	52
Event hours	24	24	48

Our participation numbers all increased from last year, so I would say that it was a success (despite the excessive heat).
HEIDI R. OLSON, DIRECTOR, RURAL PHARMACY EDUCATION PROGRAM (RPHARM)



4-H Women's Leadership

Through a partnership with the Women's Leadership Clubs at Rockford East and Guilford high schools and with Vicki Benson of Rockford's Rosie's Birthday Club, 4-H youth development educator Annie Hobson has been able to collaborate to create 4-H learning opportunities for more than 40 young women. The Women's Leadership Clubs were created to shed light upon disparities that women face in our country and created a platform for youth to stand together and share knowledge and information that may impact change within their school, communities, and personal lives. By partnering with these existing clubs, Hobson has been able to implement several interactive sessions that cover workforce topics and life skills.

Students participated in an 8-week series that covered the impact and importance of networking. Both clubs engaged in a series entitled Networking: How to Sell Your Brand. The series covered effective communication, how to engage with others, creating an elevator speech, career exploration, interview techniques, resume building, creating a business card, and how to sell your brand.

A networking event took place at OSF Saint Anthony Medical Center in Rockford. Students met in one of the medical center's board rooms, where they networked with nearly 40 professional women from sectors such as business, banking, the medical industry, marketing and development, engineering, human resources, education, law enforcement, public service, and not-for-profit. Students were challenged to connect with and engage with women in their selected career fields for three minutes. Within those minutes, students were required to give their elevator speeches while learning more about their fields of choice. More than 85% of the young women reported that they felt extremely equipped and prepared to engage with professional leaders of their community. Students were also able to find opportunities for job shadowing and internships. "These young women blossomed throughout the duration of

this series. The networking event allowed them to showcase their confidence, and they all took the initiative to engage," stated Hobson.

Additionally, students stated that this series and event gave them the confidence to seek their own opportunities and to advocate for themselves. "I think that this series prepped us more and helped us to get ready for the unexpected," shared Christine, a 9th-grade student at Guilford High School. Hobson plans to continue the 4-H Women's Leadership program with a new series that covers healthy relationships and setting boundaries.

Jo Daviess youth attends National 4-H Congress

Thirteen teens from Illinois, including Brady Haring of Elizabeth, attended a five-day national conference in Atlanta, November 23-27, 2018.

"Illinois delegates to National 4-H Congress are selected on their outstanding 4-H accomplishments," said Lisa Diaz, University of Illinois Extension assistant dean and director of Illinois 4-H.

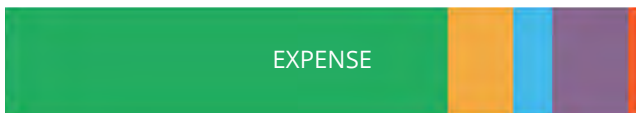
If 4-H club meetings are the training grounds for leadership development, National 4-H Congress is the pep rally that inspires the members to excel. In addition to trainings and speakers, members network with 4-H members across the U.S.



Brady Haring



- \$326,157 County Board
- \$91,274 Local Donations
- \$384,066 State Funds
- \$36,000 Income from Programming
- \$91,983 Smith-Lever
- \$364,349 SNAP-Ed
- \$64,276 Grant-Funded Programs



- \$946,007 Salaries/Wages
- \$139,000 Rent/Utilities
- \$84,000 Travel/Mileage
- \$162,076 Program Expenses
- \$22,022 Equipment
- \$5,000 EEOC/Accommodations

Contacts

- 921 Total Program Activities
- 12,704 Total Program Participants
- 21,868 Interactions (Direct Contacts)
- 1,378 Total Program Sessions
- 107 Total Program Sites
- 1,468 Total Program Hours Delivered

Serving Youth in Jo Daviess, Stephenson, and Winnebago Counties

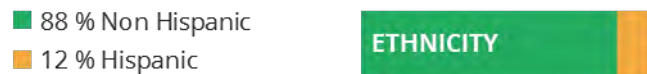
Wherever you live, 4-H is there. Whoever you are, 4-H is the place where you belong and are part of the club, where you serve in the world where you live, where you act on matters important to you, and where you learn to accomplish the dreams you strive to achieve. Illinois 4-H empowers and prepares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

Program Reach

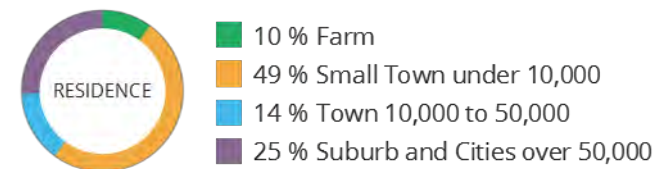
- 3,574 4-H Participants
- 373 Adult Volunteers
- 928 4-H Club Members
- 238 First Year Members



- 73 % Caucasian
- 13 % African American
- 14 % Asian American, American Indian, Pacific Islander, 2 or more races, or unknown



- 88 % Non Hispanic
- 12 % Hispanic



In addition to our county funding, five organizations contribute to the local funding on which our budgets are based; gratitude goes out to 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 County 4-H and Extension Foundation, and the Winnebago County Farm Bureau for their annual donations, which greatly enhance the unit budget. 4-H Tech Wizards in Rockford is funded through a three year grant from the Community Foundation of Northern Illinois.



Youth Makey Makey after-school program



Stephenson County 4-H Family of The Year



Fairgrounds after-school program



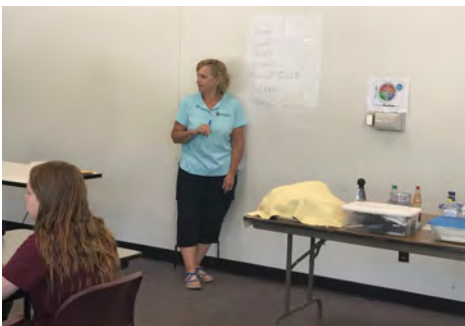
Extension volunteers and staff celebrating National Volunteer Week, April 2018



Winnebago 4-H Fashion Revue at fair



Master Gardeners planting the Wes Robinson Garden in Stephenson County



Stephenson County Junior Chef Program



Pop-Up Shop Workshop at Freeport Pretzel Kitchen



Rural Pharmacy Education Program (RPHARM)



OFFICE LOCATIONS

Jo Daviess County
 204 N Vine St, PO Box 600
 Elizabeth, IL 61028
 (815) 858-2273
 Fax: (815) 858-2274

Stephenson County
 Highland Community College,
 Bldg. R
 2998 W Pearl City Rd
 Freeport, IL 61032
 (815) 235-4125
 Fax: (815) 232-9006

Winnebago County
 1040 N Second St
 Rockford, IL 61007
 (815) 986-4357
 Fax: (815) 986-4329

SNAP-Ed Office
 650 N Main St
 Rockford, IL 61103
 (779) 423-0982

Email: uie-jsw@illinois.edu
 Hours: Mon-Fri 8 am—4:30 pm

ONLINE



extension.illinois.edu/jsw/



[uiextension_jsw](https://twitter.com/uiextension_jsw)



web.extension.illinois.edu/jsw

Cover photos: (top left) Master Gardener Sharon Cahill bringing vermicomposting to the classroom. (top right) Rockford Chamber Leadership Colors. (bottom left) Jo Daviess County 4-H Fair participant Kristy Kruger showing her zebra. (bottom right) Teen Teachers with U of I Extension educator Annie Hobson and Marshawn Vaughn

University of Illinois ~ U.S. 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 any program, please contact the county Extension office. The Illinois Nutrition Education Program is funded by the Supplemental Nutrition Assistance Program (SNAP). Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the US Department of Agriculture by the Director, Cooperative Extension Service, and University of Illinois.