2017 Impact Report

UNIVERSITY OF ILLINOIS EXTENSION
SERVING CARROLL, LEE, & WHITESIDE COUNTIES

ILLINOIS

Extension:
COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES
Welcome to the 2017 Impact Report of University of Illinois Extension serving Carroll, Lee, and Whiteside counties. Every new year presents us with the opportunity to look back and appreciate all that has been accomplished by the staff, volunteers, and youth in our programs. This year has been a great year of achievement and growth for Extension. We have provided top-notch education this past year and are looking forward to a great 2018!

**Achievement**

You will read about our youth and volunteers who have achieved great things through 4-H and our volunteer programs, like the horse and dairy judging teams who have excelled and won national awards. Master Gardeners have achieved distinguished service awards and 4-H volunteers have been inducted into the 4-H Hall of Fame.

**Growth**

You will learn about our expanded youth education gardens located in each of our three counties. We are looking forward to colorful vegetables again in 2018. Summer STEAM rolled into our unit this summer and has been a tremendous hit with more demand than we could accommodate. Read highlights of the program and watch for 2018 dates and locations soon.

I am proud to represent the staff and volunteers in our unit—the hardworking people who make all of our programming happen. This annual impact report highlights just a few of our major accomplishments and outcomes for 2017. You will find information about our accomplishments in Family Life, Horticulture and 4-H Youth Development. We know our programs help people improve their lives whether they are growing more vegetables, beautifying their landscapes, appreciating nature, aging well, parenting confidently, developing leadership skills, making new friends, or following their passions!

The state budget crisis has deepened our financial challenges locally and will continue to hamper us in 2018 but we still look forward to a bright future. University of Illinois Extension has adapted to local needs for more than 100 years and we will continue to serve our local communities for many years to come. Extension is part of the solution to the challenges we face in Illinois and we are looking forward to solving those challenges with our local partners.

Janice McCoy
County Extension Director
University of Illinois Extension is the flagship outreach effort of University of Illinois at Urbana-Champaign, offering educational programs to residents in all 102 Illinois counties. Since it was established in 1914, U of I Extension has been an integral part of people’s educational experiences. Communities have come to rely on Extension for its practical, research-based educational offerings. Through learning partnerships that put knowledge to work, Extension’s programs are aimed at making life better, healthier, safer, and more profitable for individuals and their communities.

**Serving Carrol, Lee, and Whiteside Counties**

University of Illinois Extension is divided regionally into 27 units throughout the state. Our unit serves Carroll, Lee, and Whiteside counties. Staff includes a County Director (Janice McCoy), four educators that offer programs in the areas of Family Life (Karla Belzer), SNAP–Ed (Veronica Skaradzinski), 4–H Youth Development (Martha Ebbesmeyer), and Horticulture (Bruce Black). We accomplish our work through our many partnerships with community organizations, schools, and government. We also have program coordinators and community workers that assist in our programming efforts. In addition, our volunteers in our 4–H, Master Gardener, and Master Naturalists extend our reach.
Volunteers are essential to the success of our programs. If you are interested in volunteer opportunities with University of Illinois Extension, please call any of our offices and we will be happy to work with you to find the volunteer opportunity that's the best match for your interests, talents, and availability. Opportunities are available in our 4-H, Master Gardener and Master Naturalist programs. We had 187 individuals volunteer over 6,000 hours of their time last year to Extension programs. This is a value of $159,783 back to the communities.

Thank you to the individuals who serve on our CLW Extension Council. The council provides guidance to Extension staff when determining programming and outreach efforts. Below is a listing of our current Extension Council members that meet four times annually.

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<th>Extension Council Members</th>
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The University of Illinois Extension Master Gardener program in Lee County is pleased to recognize three individuals who obtained the Outstanding Master Gardener award in September 2017.

Donna Waters of Steward, Mary Kathryn Stenzel of Amboy, and Judy Truckenbrod of West Brooklyn received their awards at the State Master Gardener meeting on Sept 8, 2017 in Normal. These three individuals have volunteered countless hours to the Master Gardener program in Lee County. Donna, Mary Kathryn, and Truckenbrod began their Master Gardener service in 2010.

Donna Waters volunteers her time to many educational events during the year. She works with youth at programs such as Ag Expo, 4-H Project pool, and 4-H Fall Fest. She works on the help desk and assists with the planning of the annual Ready Set Grow Gardening Conference in March at Sauk Valley Community College.

Mary Kathryn Stenzel has been busy giving back to her community in Amboy. She has presented programs at Pankhurst Memorial Library, and developed a Seed Library display for visitors to the Library to receive free seeds. She has assisted Teen Turf with their summer gardens, and recorded Gardening radio spots for WIXN.

Judy Truckenbrod spends her time working with youth and adults in Lee County through programs such as 4-H Handmade Holidays, 4-H Fair Kids Korner, Story Trail at Washington School, Gardening Help Desk worker, Master Gardener Plant Sale, and Faith Christian Hort week.

Illinois 4-H Hall of Fame inductees have a track record of exemplary service to 4-H or outstanding career and community achievement and were nominated by either county Extension staff or by the Illinois 4-H Foundation Board. Winners for 2017 are listed below:

**Carroll County 4-H**

Dave Thorngren is a 28-year volunteer with the Carroll County 4-H Program. Dave’s dedication to the betterment of the program is to be highly commended. After retiring as a club 4-H leader, Thorngren continues to volunteer by coordinating the Federation ice cream stand each year during fair week. Thorngren is always recruiting for the program and is a true ambassador of what youth can gain by being a part of 4-H. Dave’s tireless dedication to the program is an inspiration and a testament to the generous volunteer that he is.

**Lee County 4-H**

Brenda Willett of Lee County has been a staple in Lee County 4-H for many years. She has been a leader of the Dixon Wonder Workers 4-H club for 12 years. She is very willing to step up and help where needed throughout the year, but especially during the fair. Willett believes that 4-H is a great learning program, and she loves seeing 4-H’ers learn about themselves. Willett has passed her love of 4-H down to her children and grandchildren.

**Whiteside County 4-H**

Julie Bielema has been involved with 4-H her whole life, from being a member in her youth to dedicating 18 years as a leader to the program she grew up with. Bielema attends monthly club meetings and works with her youth to plan fun meetings and events. Julie works hard to come up with new ideas and opportunities for the 4-H members. Bielema is a very busy person, but finds time in her busy schedule to give her members the best experiences that 4-H has to offer. Bielema is truly making the best better in 4-H.
**SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION (SNAP-Education)**

SNAP-Education works with limited-resource audiences to make healthier choices where they eat, shop, live, play and learn in their communities. Through classes and workshops, and by working towards policy, systems, and environmental changes, SNAP-Education positively impacts the nutrition and activity choices of people and communities we serve.

### Serving Local Residents

<table>
<thead>
<tr>
<th>Total SNAP-Ed Participants</th>
<th>4,268</th>
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<tr>
<td>Adults</td>
<td>1,175 (28%)</td>
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<td>Youth</td>
<td>3,093 (72%)</td>
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<tr>
<td>Participants Who Identified as Hispanic</td>
<td>1,057 (25%)</td>
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### RACE OF PARTICIPANTS

- 90% White (3,863)
- 8% Black (323)
- 2% American Indian or Alaska Native, Asian, or Native Hawaiian or Pacific Islander (82)

### Our Partners

- 13 K-12 Schools
- 3 Youth Centers
- 5 Early Childhood Centers
- 3 Food Pantries and Food Banks
- 1 Store or Market
- 9 Community Centers

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**New SNAP-Ed Educator Joins Extension**

Veronica Skaradzinski, SNAP-Ed Extension educator, joined Extension in March. Skaradzinski is serving two units, Carroll, Lee, and Whiteside counties and Boone, DeKalb, and Ogle counties. She is teaching evidenced-based programs that focus on nutrition education and obesity prevention through promoting behavior change. In her role, Skaradzinski provides professional development opportunities and assistance with systematic or environmental changes to locations who primarily serve students from low-income families or Supplemental Nutrition Assistance Program (SNAP) participants. She works with schools, food pantries, community agencies, and youth programs to implement simple changes that make the healthy choice the easy choice.

Skaradzinski has a passion for helping others succeed in making healthful changes. She believes small changes can make big differences over time and that healthy eating can fit any lifestyle.

**Food Pantry Clients Learning to Use Food for Better Health**

The face of those who need assistance with food is changing and SNAP–Education is ready to address the health needs of these individuals. In 2017, the SNAP–Ed team was able to add a new site to their programming at a food pantry. SNAP–Ed educator Skaradzinski used the Nutrition Environment Food Pantry Assessment Tool (NEFPAT) to guide the change in creating a healthier pantry environment. Changes have included incorporating new simple recipes and finding creative ways to have signs with nutrition messages posted during open hours. Direct education provided by SNAP–Ed community worker Linda Whitmer has been a key piece in the changes as well. Clients of the food pantry get excited when they get to try a new healthy food sample from Whitmer along with tips for simple, cost-effective ways to use the food they receive from the pantry. These combined efforts reinforce health messages, which have been shown to create behavior change in individuals to better their well-being.
Imagine what it would be like to move to a new country and learn a new language. That was a challenge Yuriy Guerrero personally experienced this past year as a Challand Middle School student in Sterling. Guerrero has a smile that’s a mile-wide, and has a terrific personality to match. Guerrero, who is from Ukraine, is also a first generation 4-H member.

His first experience with 4-H was participating in the University of Illinois Extension Juntos program. Juntos is a college and career readiness program designed for families. During Juntos, other 4-H program opportunities were introduced including camp and special interest groups.

Guerrero attended overnight 4-H camp and was selected by teen counselors as one of two “campers of the year.” Camp is an opportunity for youth to experience all of the essential elements of youth development including belonging, independence, generosity and mastery. For first time campers, it’s an opportunity to tell family all about the first time that they canoed, tried archery or stayed overnight in a cabin with 10 new friends. Camp was a great fit for Guerrero. He loved camp. He was the first to encourage other campers, make new friends and try new activities that he had never experienced in the Ukraine.

Guerrero also participated in the summer Plant U garden program held at the Whiteside County Extension office. 4-H members had hands-on gardening experiences and gained knowledge about plant growth and development. Plant U members also created tasty snacks from the produce they raised.

A lot can happen in just six short months for a new immigrant and new 4-H member. Just ask Yuriy!

**AmeriCorps Partnership**

University of Illinois Extension has had a long-term partnership with the Sauk Valley Community College AmeriCorps program. AmeriCorps members serve at local agencies, schools, and nonprofit organizations to enhance the mission of the organization through service. Partner agencies pay a small fee and then members serve a given number of hours. Members receive training from both the AmeriCorps program and the partner agency they serve with.

Extension has utilized AmeriCorps members in both the school year and the summer months to enhance our youth programming. This year, our school year member, Jennifer Miller, is teaching young people about rockets and assisting with science-based programming. Our summer members teach youth gardening and STEAM (Science, Technology, Engineering, Arts, and Math) programming.

“Without AmeriCorps members we would not be able to offer the variety and depth of programming we do,” said Janice McCoy, county director.

“AmeriCorps members also learn to serve—they become lifelong volunteers in the communities they live in. AmeriCorps is just the beginning of the service they provide over their entire life,” said McCoy. McCoy added, “These individuals may serve with us for a short time but we hope they come back to serve as 4-H volunteers, Master Gardeners or Naturalist, and more.” Last summer alone, our AmeriCorps members worked with over 400 youth in our 4-H summer programming.

**Without AmeriCorps members we would not be able to offer the variety and depth of programming we do.**

**JANICE MCCOY, COUNTY DIRECTOR**
Health Jam
Can you walk across the state of Illinois in eight weeks? The answer is yes, if you’re a fifth-grade student at Rock Falls Merrill or Dixon Madison! The Walk Across Illinois challenge is one aspect of Health Jam, a program that encourages health and wellness and explores health careers.

Health Jam students learn about medical careers first hand while participating in hands-on presentations given by health professionals. They also experience a tour of KSB Hospital and CGH Medical Center departments to learn about the many jobs provided by healthcare professionals. Health Jam is a series of activities focused on increasing knowledge about health and health-related careers.

During the school year, 320 students took part in eight follow-up health sessions led by University of Illinois Extension staff. Students were challenged to “Walk Across Illinois” by translating their exercise time into miles. Teams of four students had a goal of walking 448 miles over the course of eight weeks.

Health Jam is a collaborative program brought to the community by University of Illinois Extension, KSB Hospital, CGH Medical Center, University of Illinois College of Medicine Rockford, Illinois Area Health Education Center Network, and Walmart.

Twenty 4-H members from across the state were honored for their lifetime 4-H achievements. The Illinois State 4-H Award recognizes exemplary work in five major areas, including communications, community service, leadership, personal growth and project mastery. The winners were recognized during a ceremony held Oct. 7 in Champaign. Two local 4-H members were honored.

Lee County 4-H
Nicholas Hembrough of Lee County was a winner in the area of communications. 4-H and community service are a huge part of Hembrough’s family heritage. Hembrough has worked to carry on the family tradition by serving food at a soup kitchen, working at volunteer recognition banquets, and shopping for and packing holiday gifts into shoeboxes to send to youth around the world. He helped coordinate a county-wide meal packaging event for Illini Fighting Hunger by setting up, recruiting volunteers, packing, sorting, and distributing the meals. The group packed over 11,000 meals in the one day. The first year was so successful, they tried a second year and packed over 12,000 meals. He plans to continue his lifestyle of community service and help people wherever and whenever he can.

Addison Wetzel of Lee County was a winner in the area of project mastery. Wetzel participates in several different 4-H projects and activities, but the sheep project is her definite love. She began with four ewes and now has a flock of 14 breeding ewes. She purchases, feeds, and cares for numerous feeder lambs over the course of a year. While showing lambs is a big part of her project, Wetzel is also a livestock advocate, teaching county fifth-grade students each year and presenting at various ag expos. She mentors younger 4-H'ers in the sheep project and provides animals for judging contests and petting zoos. She is active in various county, regional, and state activities such as livestock judging, meats judging, skill-a-thons, and more. She is a county 4-H Ambassador and serves in a variety of leadership positions within both 4-H and other organizations.
Local Illinois Team Wins National 4-H Horse Bowl

A team of Illinois 4-H members won the Eastern National 4-H Roundup Horse Bowl championship held Nov. 4 in Louisville, Ky. The win was a continuation of success for the 4-H members who also earned first place team at the All American Quarter Horse Congress Horse Bowl held in October.

Members of the team include Kiersten Pratt of Bureau County, and Brenna Berns, Megan Poole, Kaiti Collins, and Natalie Shaw, all members of Carroll County 4-H. Bryan Hollewell of Milledgeville coached the team.

Berns earned a fifth place individual finish in the contest, and Pratt finished as the 10th place individual. Both young woman are pursuing careers in the equine or veterinary industry.

“After not having a team in the contest last year,” says Debra Hagstrom, University of Illinois Extension equine specialist, “Illinois returned ready to win it.” Hagstrom provides leadership to all aspects of the Illinois 4-H horse program, including the state contest, which determines the national team. The Illinois 4-H Foundation provides financial support to the team in national competition.

“Through my many years of involvement in 4-H and the horse program, I have not only grown in my knowledge of horses and the industry, but also as a person,” says Shaw. “4-H has taught me how to work hard in order to achieve my goals.”

Shaw is pursuing a career as a veterinarian. “4-H has equipped me with leadership skills, the ability to successfully work as a team, and communication skills.”

Pratt says 4-H helped her refine her career path. “Because of these 4-H equine competitions, I discovered I have a passion for communications,” Pratt said. The teen is majoring in equine teaching and training, with a minor in communications. “Without 4-H, I never would have discovered this interest,” Pratt says.

Collins says her lessons extend well beyond the barn. “I learned to work on a dynamic team and never give up when things seem down,” she says. “There is no better feeling than not giving up and knowing you have done the best you can and been the best person you can be at that moment.”

Poole says the 4-H horse project activities have helped her mature and grow. “Before horse bowl, I was that girl that sat in the corner with a book,” she says. “Over the last five years, I have acquired knowledge that has helped me gain self-confidence, leadership skills, and a desire to see other grow in knowledge of the horse industry.”
According to the U.S. Census Bureau, 28 percent of people aged 65 and older live alone and the impact of social isolation is quite detrimental to the older population. As a result of living more isolated lives, older adults experience increased mortality, increased feelings of loneliness that affects both physical and mental health, more vulnerability to elder abuse, and a higher need for long-term care. An antidote to older adult isolation is to provide quality events and activities that not only get the older adult involved and active in the community, but also seek to create connections and relationships with others.

Life review or sharing one’s life story is a primary developmental task of aging and allows for a healthy, adaptive response to aging, an important aspect of human development, as well as allowing for the development of a higher level of self-esteem and self-awareness.

Share Your Life Story is an interactive group workshop delivered in Carroll, Lee, and Whiteside counties, which provides help, guidance, and inspiration for individuals to start telling and sharing their unique life stories. It is important to note that writing experience is not a requirement to participate in the program. The primary goal of the program is to record treasured memories to leave a legacy for loved ones. Even so, additional outcomes include increased socialization, improved long term memory through reminiscence.

In 2017, three separate six-week life story writing groups were offered in Thomson, Sterling, and Dixon. A total of 30 adults participated in the program which features weekly writing assignments, writing and reminiscence education, and sharing of written stories. Program evaluations demonstrate both the value and importance of the program. One hundred percent of all participants rated the workshop as excellent as indicated by the evaluations returned at the end of the workshop and all indicated that they would participate in a similar workshop if offered again.

Below is a story from one of our classes. The participants were told to do the following:

Oftentimes, certain colors bring to mind certain feelings or memories. Write about colors that make you feel a certain way or bring to mind a certain feeling or memory.

- This workshop helped me focus on what’s the most important in the “to-do list” in the remaining years I have left. This workshop offered me lots of reflection.
- This got me out and going! I have now started to think about how I organize my thoughts and memories.
- I met interesting people and made a connection to others! I also learned about writing.
- I stopped writing on a routine basis about 30 years ago. This has started me up again! I enjoy it.

The program was offered for a third year in a row in both Sterling and Dixon, attracting both previous and new participants. In Dixon and Thomson, group participants enjoyed the experience so much that they developed their own monthly writing group to continue to explore life story writing topics. As this program thrives in multiple unit locations, programming will continued to be offered into 2018.

Below is a story from one of our classes. The participants were told to do the following:

The Color Brown

Her eyes were brown and very expressive.
They could be read to tell you what was going on and how she felt.
They would light up and enlarge to reveal joy and happiness.
They would dim and concentrate when she was confronted with a challenge.
They would show compassion in a healing manner.
They revealed love in a special way.
I will not forget the last time they opened to say good-bye.
Our unit STEAMed up the summer by offering youth programming focused on learning! Many people have heard of STEM—a popular approach to learning. STEM is a movement to develop the deep mathematical and scientific underpinnings students need to be competitive in the 21st-century workforce. STEAM is a way to take the benefits of STEM and complete the package by integrating these principles in and through the arts, taking STEM to the next level. STEAM stands for Science, Technology, Engineering, Arts, and Math. By allowing students to connect learning in these critical areas together with arts practices, elements, design principles, and standards, STEAM removes limitations and replaces them with wonder, critique, inquiry, and innovation.

Taking this unique approach to learning and creating an innovative five-week curriculum, unit staff provided Summer STEAM programming in five locations throughout Carroll, Lee, and Whiteside counties. Over 400 local youth participated in the program, exploring the scientific method, discovering concepts of technology, examining engineering principles, experiencing art, and engaging in exciting math principles.

The weekly program was provided at the Thomson Public Library, Mt. Carroll Public Library, Prophetstown Park District, Sterling–Rock Falls Family YMCA Summer Program, and Teen Turf of Amboy and featured 90 minutes of hands-on, interactive activities.

Each week a different STEAM concept was presented—Super Science, Terrific Technology, Exciting Engineering, Amazing Art, and Magnificent Math. Youth made a string rocket, built a robotic hand, worked with a lemon battery, completed engineering building challenges, made rainbow paper, and discovered tessellations.

Youth actively engaged in the curriculum each week, showing a love for learning and exploring STEAM concepts. Parents reported that their children couldn’t wait to get to the program each week and often shared what they learned. Some families even replicated STEAM activities in their own homes! The STEAM program also proved to be impactful on the partners as well. Partners reported satisfaction with the program and have requested programming in the future.

As this program was extremely popular with youth, parents, and partnership sites, this unit is planning on offering the program again in 2018, while adding an additional week of programming focused on agriculture. The 2018 STEAM program aims to add additional locations to reach more youth with innovative, engaging STEAM programming.

Super Summer Steam = Summer Learning Fun

2017 STEAM SITES
Thomson Public Library
Mt. Carroll Public Library
Prophetstown Park District
Sterling–Rock Falls Family YMCA
Teen Turf of Amboy

CARROLL, LEE, & WHITESIDE COUNTIES
2017 IMPACT REPORT 11
Gardening Through the Seasons
With spring a great new horticulture series led by Carroll County Master Gardener Terry Lattin and Horticulture Educator Bruce Black came to the Thomson Library. One hundred people attended the seven-part series focused on landscape gardening.

The first program, Getting Ready for National Herb Week, launched in April. The early summer months focused on designing flowerbeds and yards with seasonal interest in mind. Participants learned to think about each plant's stages of color, height, and placement and how that relates to each season. With those stages in mind, participants then were able to look at their landscapes based on the seasons and build an image of their own personal sea of color.

Lattin and Nancy Gmitro, Carroll County Master Gardener/Master Naturalist, also taught about the benefits of native plant use in the garden. They explained how to use them as an easy care option to beautify the home landscape. Gmitro and Black ended the horticulture series with two hands-on workshops: Succulent Wreaths and Evergreens In The Home. The participants learned about proper plant care and created great gifts and decorations.

Nature Detectives
Students in fourth and fifth grades from St. Mary's-Dixon became Nature Detectives this fall. Extension offered the program as a component to their science curriculum. Master Naturalist and Master Gardener volunteers and Mary Nelson, Extension ag and natural resources coordinator, instructed 31 students through interactive hands-on exploration and discovery over six sessions.

Students explored habitats of living creatures, discovered who lives in what habitat, and were challenged to think about birds in their local habitat by playing bird spy bingo and participating in a moving opinion poll. A key component to any nature program is the understanding of the flow of energy through an ecosystem. Students built a food web, illustrating the flow of energy. As the food web began to break down, one student remarked, “It’s all connected. You can’t do something to one without it affecting another.”

With a focus on birds, participants revealed characteristics specific to birds. Utilizing a variety of tools to mimic bird beaks, participants struggled to gather as many seeds as possible in 30 to 60 seconds, discovering in the process that some tools, or “beaks,” were better than others. Students enjoyed making a pinecone bird feeder to take home.

Nature Detectives is a 4-H I Think Green program that engages youth in learning about the environment. A survey of the participants after the six days of training, showed the majority of students enjoyed the activities (77 percent), felt the activities helped them to learn about birds and how they live (84 percent), and the activities helped them to learn how birds contribute to the environment (81 percent).
New Summer Youth Garden Added to Lineup

Little Sprouts Daycare in Lanark and the Whole Kids Foundation Garden in Sterling brought Extension’s summer youth gardens total to six this year. Little Sprouts Daycare was added into our eight-week morning garden program. Thirty-three youth participated in the two-hour cooperative horticulture/4-H program. Youth at Little Sprouts planted a wide variety of colorful vegetables from purple beans to red okra next to their existing strawberries in raised beds. Little Sprouts planted pumpkins and squash to harvest in October to continue the growing season.

The Sterling Office Youth Garden was a 12-week pilot program funded through a grant from the Whole Kids Foundation. The garden curriculum focused on preventing the summer academic slide while allowing participants to grow their favorite color. Weekly lessons incorporated aspects of science, writing, social studies, and history. One week focused on colonial gardens and the horticultural work of Thomas Jefferson and George Washington by learning how to grow European crops in American soils. A farmers’ market and garden entrepreneurship lesson taught youth how to earn money from a hobby.

During the first week, 10 youth planted all of the raised beds with uniquely colored plant selections like blue corn, red and yellow swirled tomatoes, and purple/red lettuce. Using an interdisciplinary approach, the program utilized staff specialties incorporating mindfulness, garden yoga, health, and teaching participants how to can after making homemade salsa and pickles with the produce they grew.

To celebrate the accomplishments and share with parents what skills their children learned, we ended the program with a harvest party using produce from the garden to make summer chili. Everyone was treated to fresh tastings and encouraged to enjoy the salsa and pickles.

Participants completed a test before and after, and we found that after the program youth could identify nine of 10 garden pests and six of 10 good versus bad bugs. Youth could also identify nearly half of the appropriate compost materials. In addition to learning how to plant, maintain, and harvest a garden, youth also learned about a variety of fruits, vegetables, garden tools, and plant care topics.