



UNIVERSITY OF ILLINOIS  
EXTENSION

PROGRESS REPORT 2005

UNIVERSITY OF ILLINOIS EXTENSION

## LETTER FROM WILLENE BUFFETT, COOK COUNTY DIRECTOR

*2005 was a year of successes.*

Extension in Cook County worked with more people, accessed more communities, and leveraged more partnerships than expected in 2005, even given our limited resources. Almost a half a million people were reached by our programs, many of whom made positive, lasting lifestyle changes.

*2005 was also a year of reflection.*

Extension's presence in Cook County spans some 50 years. Over this time, the University of Illinois has worked with Extension to become more attuned to the needs of our urban area. In 2005, Dr. James Oliver, assistant dean of urban and metropolitan affairs led efforts to increase funding for urban programming in the county.

With almost half of the population and more than half of the poverty in Illinois, Cook County requires our attention. And with almost 50 years of positive outcomes and successful programming to support our request, Dr. Oliver secured additional funding to realize his plan for Cook County Extension in the 21st Century.

Extension will continue to collaborate with the people of Cook County. We will continue to offer new and innovative programs that meet the needs of our communities. And Extension will continue helping you put knowledge to work.

## EXTENSION 2005 A YEAR IN PERSPECTIVE

Cook County Extension shared information with more than half a million people last year, all based on university research. People became more informed, better consumers, happier families—by working with Extension.

We offered convenient, low- or no-fee programs on topics and issues that confront you every day.

“... Are you offering your classes on urban gardening techniques this season?”

“When will your retirement planning sessions be offered at my congregation?”

“Will you be teaching the after-school family nutrition class at my son's school again?”

“... Can you provide your food sanitation course to my restaurant's kitchen staff?”

“You are an incredible asset to NASW and to the social work profession.”

A representative from local district of the National Association for Social Workers

## YOUTH

Almost 50,000 youth took advantage of Extension in Cook County last year. Many volunteered their time as mentors while others learned about careers, leadership, older adults and each other.

The future of Cook County depends on our young people. Extension prepares youth for success.

## YOUTH PROGRAMS 2005

Adventure Camp	Paint-a-thon
Applied Science, Math, and Technology Academy	Passport to the World
Becoming Tomorrows Leaders	Peer Mediation
Biotech Camp	Readers are Leaders
Celebrating Each Other	Real Issues of a Sexual Kind (RISK)
COLORS	Resolving Conflict Peacefully
Cultural Exchange	Terrific Teachable Moments
Fiesta del Sol	Walk in My Shoes
Fighting Asthma Through Education (FATE)	Youth Employment and Readiness Now (YEARN)
Focus on Character	4-H Camp Clover
Family Nutrition Program (FNP)	4-H Horticulture
Going Solo	4-H Nutrition
Incubation & Embryology	4-H Public Presentation Contest
Junior Chef Camp	4-H Traditional Clubs



OUTDOOR & GROUP ACTIVITIES ARE ESSENTIAL TO OUR PROGRAM

## 2005 HIGHLIGHTS

### APPLIED SCIENCE, MATH AND TECHNOLOGY ACADEMY

Through the Cook County 4-H Foundation and generous support from the Illinois State Board of Education, Extension developed and implemented the Applied Science, Math and Technology Academy. The Academy exposed South Side youth to potential career opportunities, leadership development and preparation for higher education. SAT preparation classes, workshops, field trips, tutoring and educational materials were used to bring the information to more than 2,300 students.

### CULTURAL EXCHANGE

The Illinois Youth Cultural Exchange brought rural youth to Chicago and urban youth to Champaign on overnight visits. Each group was able to view the world from a new perspective. Chicago and suburban Cook County students and students from the Woodford, Tazewell, Fulton, Moultrie/ Douglas and Peoria counties participated in the exchange. Many rode a train for the first time, and many had their first camping experience during these trips. Most important, each left with a better understanding of how the other lives, works and plays.

“Thank you for the information you provided me. It has given me peace of mind and the knowledge needed to save my trees.”

ELECTRONIC PLANT CLINIC USER

## URBAN GARDENING & HORTICULTURE

Gardening in Urban Communities? Absolutely! Cook County has a burgeoning number of community gardens, many growing organic produce and other plant life in unique places. Gardens can be found in backyards, on balconies, in raised beds, under “L” train tracks, and scattered throughout neighborhood parks. Besides beautifying neighborhoods and providing fresh produce, gardens enhance community-building efforts and can offer entrepreneurial opportunities for the growers.

## URBAN GARDENING & HORTICULTURE PROGRAMS 2005

Chicago Flower & Garden Show Exhibits	Integrated Pest Management
From the Ground Up – ground cover	Junior Master Gardeners
Extreme Gardening – gardening in extreme weather conditions	Junior Environmentalists
Tropical Punch – tropical plants for Midwest flower gardens	Master Gardeners
Electronic Plant Clinic	Master Composters
Farm Tours	Ornamental Horticulture
Gardening Demonstrations	Planting Our Garden
Good & Bad Insects	Scientist for a Day
Home Orchard	Taste of Chicago Demonstrations
Insect Vecteded Diseases	The Growing Connection
	Vegetable Gardening
	Watershed Mapping



BRINGING PEOPLE TOGETHER WITH NATURE

## 2005 HIGHLIGHTS

### MASTER COMPOSTERS

According to the U.S. Environmental Protection Agency's 1999 statistics, yard waste such as lawn clippings, leaves, and branches makes up 12% by weight of the municipal solid waste stream nationally. Last year, Extension in Cook County partnered with various agencies in Chicago, including the City's Department of the Environment to encourage composting.

More than 1,200 compost bins were sold, 50% to new composters. Master Composters volunteered over 500 hours conducting classes and demonstrations attended by 2,000 people, 70% of whom said they would start composting their yard waste. And 500 youth learned how to recycle food wastes by worm composting during classroom demonstrations.

### PLANT CLINICS

Plant Clinics are staffed by Master Gardener volunteers who respond to drop-ins, phone calls and emails from the general public. In 2005, thousands of issues were researched about trees and woody ornamentals; flowers; bulbs; fruit trees; vegetables and houseplants. The Clinics also responded to queries about insect and animal pests; plant diseases; organic gardening; composting; soil testing and numerous "mystery" organisms. Last year, online inquiries came from 36 states, three Canadian provinces, and countries including Australia, Belgium, Israel, Jamaica, South Korea, Mexico, Nigeria, Poland, South Africa, and the United Kingdom!

“[Extension’s] leadership development training strengthens local leaders on the South side of Chicago.”

ALICIA SPEARS, EXECUTIVE DIRECTOR, BUSINESS AND ECONOMIC REVITALIZATION ASSOCIATION

## COMMUNITY & ECONOMIC DEVELOPMENT

Community development corporations and block clubs bring communities together around issues of growth, safety, and retail enhancements. Extension in Cook County supports community members in their efforts to increase civic engagement and identify leaders within their neighborhoods. Three hundred and thirty five workshops, seminars, and community meetings were held, and nearly 14,000 residents, business owners, and community leaders were reached by Extension in 2005.

## COMMUNITY & ECONOMIC DEVELOPMENT PROGRAMS 2005

Chicago Fresh™

Community Leaders Forums

Community Visioning

Fiesta del Sol

Strategic Planning for Community Development

Corporations

Tomorrow's Leaders

Understanding Illinois and Local Government



BRINGING TOGETHER COMMUNITY MEMBERS TO CELEBRATE ACHIEVEMENTS

## 2005 HIGHLIGHTS

### VISIONING PROJECTS

Extension collaborated with the Little Village neighborhood and the Nearwest Chicago Industrial Council on Environmental Visioning Projects. Extension facilitated the process of identifying and outlining twenty-year community visions. More than 1,200 people participated in these sessions. The Visioning Projects identified a need to focus on: environmental awareness and education; clean air and water education and initiatives; incorporating environmental materials and energy-efficient equipment; and recreational and aesthetically pleasing public space.

### SOUTHEAST COMMUNITIES LEADERS FORUMS

Southeast Chicago communities such as Chatham, Avalon Park, Burnside and Greater Grand Crossing, are recognized as thriving African-American middle-class communities. However, based on evaluations and input from community organizations and business and neighborhood leaders, several southeast communities need to build skills to improve their community and develop businesses. To meet the communities' needs, University of Illinois Extension brought 80 leaders together to participate in four Leadership Development Forums. The topics for these forums were Identifying Community Assets through Demographic Reports, Community Exchange with other Communities, How to Attract and Retain Businesses, and How to Implement a Strategic Plan.

“The ‘How to Avoid Identity Theft’ and ‘Storing Your Personal Papers’ workshop papers were very useful and important. I made copies for my block and passed them out to 28 houses plus several friends on other blocks.”

WORKSHOP ATTENDEE

#### NUTRITION, FAMILY & CONSUMER SCIENCES

Whether it is retirement or estate planning, raising children or baby sitting for them, Extension has a program for you! More than 100,000 people were reached with nutrition programming alone in 2005. Hundreds of partnerships are cultivated each year through these programs that bring information on healthier diets and the right kinds of exercise to youth and families in Cook County. And if you want to eat healthy but have a small pantry and a fixed income, Extension offers de-cluttering and money management programs as well!

## NUTRITION, FAMILY & CONSUMER SCIENCES PROGRAMS 2005

All My Money	Opening Doors to Housing Success
Better Kid Care	Protecting Your Identity
Credit Card Smarts	Plan Smart, Retire Well
De-Cluttering Your Life	Senior Scholars
Expanded Food and Nutrition Education Program	South African Professional Exchange Program
Fiesta del Sol	Storing Your Personal Papers
Financial Record Keeping	Teen Parent Relationship and Parent Education Program
Family Nutrition Program	The Golden Years Security
Guide for Facilitators Conducting Financial Workshops with Immigrant and Refugee Audiences	Who Gets Grandma's Yellow Pie Plate: Transferring Non-Titled Property
Intentional Harmony	Women Infants & Children Farmers Market Nutrition Program
Love Them Enough to Set Limits – A Positive Guide for Parents and Teachers	Your Money and Your Life
Money Smarts	



PLANNING MEALS AND BETTER NUTRITION

## 2005 HIGHLIGHTS

### ALL MY MONEY & YOUR MONEY AND YOUR LIFE

These programs focus on public and work-related benefits; saving and investing; banking practices; credit use and interest rates; and awareness of predatory lending practices.

More than 80% of participants said they kept better track of their expenses and changed their household budgeting practices. Of those who did not have them, 38% had opened a checking account, 34% had opened a savings account, and 40% said they relied less on payday loans.

### DINING WITH DIABETES

This cooking school is a three-week series of 3-hour sessions that provides diabetes nutrition education along with easy-to-use recipes. It is followed by a "Class Reunion" six months later to check in with participants.

Students learn how to reduce sugar, salt and fat without giving up good taste. During 2005, 297 participants attended the workshops in Chicago, 37% percent of the students had diabetes, 37% had a family member who did, and 37% attended for general education.

## EXTENSION PARTNERS

128 South suburban schools	Cathedral Shelter of Chicago*	Community Economic Development Assoc.	Country Club Hills	Hillside School	Main Township Adult & Senior Services
21st Century Prep Center	Catholic Charities Head Start*	Chicago	Elk Grove Village Public Library	Hoffman Estates Community Resource Center	Make A Difference Youth Foundation
6th Ward Alderman Fredrenna Lyle	Catholic Charities*	Head Start*	Emmet School*	Home of the Sparrow	Marconi Academy*
8th Ward Alderman Todd Stroger	Center for Economic Progress	Northwest, Mt. Prospect*	Esmond School	Hometown School	Marcy Newberry Association*
Albany Park Community Center Head Start	Centers for New Horizons	Association of Cook County, Inc.	Evangelistic Crusaders	Hooks & Associates	Markham Park
East & West	Central Park School	Concerned Citizens Inc. Mothers House*	Executive Service Corps	Hoover School	Marquette School
Alcott School	Centro Romero	Conrady Jr. High School	Falconer School*	Hope For Youth*	Marshall High School*
Alfred Nobel School*	Chase School*	Conyers Learning Center	Farm Bureau	Howard Area Family Center*	Mary Alyce School
Algonquin School	Chateaux School	Cook County 4-H Foundation	Faraday School*	Hull House Housing Resource Center	Matteson Elementary
Amani House Shelter	Chatham Area Planning Association	Cook County Board of Commissioners	Federal Deposit Insurance Corp., Chicago	Hull House Uptown Center	Matteson Police Department
Arcadia School	Chatham Business Association	Cook County Juvenile Detention Center	Federal Reserve Bank of Chicago	Humboldt Park Social Services*	May School*
Arlington Heights Historical Museum	Chester Slaughter School	Cook County Sheriff's Youth Services	Ferguson School*	IETC Pilsen	Maywood Chamber of Commerce
Arlington Heights Memorial Library	Chesterfield Tom Thumb Daycare	Cook County South 4-H Assoc.	Fernway Park School	Illinois Department of Human Services*	McAuliffe School
Asset Builders Community Development Corp.	Chicago Area Project	Cooldge School	Fieldcrest School	Illinois State Board of Education	McCord School
Aurora University	Chicago Connections	Cooper Duel Academy	Firman Center	Immaculate Conception School	McCormick Tribune YMCA*
Austin Town Hall	Chicago Department of Children & Youth Services*	Cooper Park District	First Congregational Pre-School	Incarnation School	McNair School*
Avondale School*	Chicago Department on Aging	Covington School	Fiske School	Institute for Debt Relief	Meadows Community Services
Aztlán Rehabilitation	Chicago Fellowship of Friends	CPC Von Humboldt*	Flossmoor Hills School	Institute for Latinos Progress	Melody School
Banner Plumbing	Chicago High School for Agricultural Sciences	CPS Head Start	Franklin Fine Arts Center	Inter-American Magnet School*	Metropolitan Family Services*
Barry School	Chicago International Charter School	Brunson*	Frazier School*	Interfaith Refugee & Immigration Ministries	Midlothian Park District
Bateman School*	West Belden Campus*	Ellington	Friendship Park Conservatory	Irving Park Community Food Pantry*	MK Enterprises
Beacon Hill	Bucktown School	Hay*	Frisbie Senior Center	Jackie Robinson School	Monroe School*
Beatrice Caffrey Youth Service	Chicago Leadership in Energy and Environmental Design (LEED) Council	Young*	Fulton School	James Madison School	Moos School
Beidler School*	Chicago Lighthouse for the Blind	Delano*	FW Relly School*	Jamieson School	Moran Park District
Bell School	Chicago Public Schools	Dett*	Gaileo Academy	Jane Addams Resource Corporation	Morton Head Start*
Bellwood Public Library	Chicago Public Library	Dvorak*	Garfield Park	Jane Addams School	Mount Prospect Chamber of Commerce
Belmont Cragin Early Childhood Demo Center*	Chicago Southland Chamber of Commerce	Herzl*	Garvy School*	Jenner School*	Mozart School
Belmont Cragin School*	Chicago State University	Lathrop*	Gemini Junior High School	Jensen Scholastic School	Nathan Hale School
Benedictine University, First Responder Prog.	Chicago Uptown Ministries*	Lawndale*	George Pullman School	John L. Marsh School	National Active & Retired Federal Employees Assoc.
Best Practice High School	Chicago Youth Center Centro Nuestro*	Mason*	Girl Scout Troop #386	Jones Memorial Center	National Association of Social Workers
Bethany Brethren Community Center*	Chicagoland Chamber of Commerce	Morse*	Goudy School*	Jordan Community School	National 4-H Foundation
Bethel New Life, Inc.*	Children's Center of Cicero & Berwyn	Penn*	Governors State University*	Junior Achievement of Chicago	National Teachers Academy
Bethlehem Star	Childs School	Suder	Gray School	Kennedy High School	Near North Health Service Corporation*
Betsy Ross School	Chinatown Chamber of Commerce	Bethune*	Greater St. John Center of Hope*	Kennedy School	Neighborhood Capital Budget Group
Big Picture Company	Chinese American Service League	Chalmers*	Greely School*	Kolb School	Neighborhood Housing Services Chicago
Blackhawk School*	Chopin School*	Johnson*	Greenbriar School	Kolmar School*	Neil School
Blaine School	Christ The King School	CVS High School	Greenfield-Robinson TLC, Second Stage Housing*	Kraft Foods	Neil School
Bloom Township Youth and Family Services	Christopher School	Darwin School*	Greenstone United Methodist Church	Lafayette School*	New Life in Christ Bible Church
Bobbie Noonan School*	Circle Family Care*	Delano School	Greenwood Elementary	Lathrop Home LAC	Newberry Academy
Bobby E. Wright School*	Circle Urban Ministries Family Shelter*	Des Plaines Public Library	Grissom School	Laurence Armour Day School/RUSH	Niles Public Library
Boys & Girls Club of Chicago*	Citizens Newspaper	Dewey Child Parent Center	Guggenheim School	Lawndale Community Academy	North Center Handicapped Children
Boys & Girls Clubs of Chicago Headstart*	City Colleges of Chicago	District 214 - Backstretch Summer Camp	Gunsauls School	Lawson House YMCA	North Lawndale YMCA*
Broadview Public Library	City of Chicago	*Kids on Track* Program	Hains School	Leland School*	North Shore Senior Center
Brodnicki School	Dept. on Aging	Diversey Square*	Hannum School	Lemoyne School	North Side Learning Center
Business and Economic Revitalization Assoc.	Dept. of Environment	Dodge School*	Hanson Park School	Lenart Gifted School	Northern Trust Bank
Calumet City Cultural Center	Employment & Employer Services	Douglass-Tubman Youth Ministries*	Harold Washington School	Lester Crawl School	Northwest Middle School*
Cameron School*	Claretian Associates	Dr. Martin Luther King, Jr. Boys & Girls Club	Harvard School	Levin Playground	Northwestern University Settlement Assoc.
CAN-TV Chicago Cable Access Network	Clissold School	Dunne Academy	Healing Temple Head Start*	Little Leaders of Tomorrow Day Care	Norwood Park School
Career Speaker Service	Coles School	Earthbox Company	Health & Disability Advocates	Little Village Academy	Oak Forest High School
Carl Sandburg High School	Columbia Explores Academy	Eastview School	Heather Hill School	Lloyd Henry School	Oak Glen School
Carl Von Linne School*	Combined Neighborhood Block Club	Ebenezer Head Start*	Henson School*	Lowell School*	Oak Park Township Senior Services
Carpenter School*	Comcast Cable	Eberhart School	Hibbard School*	Lozano School*	Oak Park YMCA
Carver Primary School		Economic Development Commission of	Highland School	Lutheran High School*	Oasis Community Church
Casa Central La Posada*			Highlands School	Lutheran Family Mission*	Onward House*
Cassell School				Lyle Early Childhood Center	Operation ABLE Chicago & Chicago Heights

\* denotes multiple programs provided

We have attempted to include all of our wonderful partners, and apologize for any omissions.

## EXTENSION PARTNERS CONT.

Orland Township Youth Services  
 Oscar Mayer School  
 Our Lady of Victory  
 Overton School  
 Pablo Casals School\*  
 Paderewski School\*  
 Palatine Public Library  
 Palos Heights  
 Palos East School  
 Palos Hills Recreation Department  
 Palos West School  
 Pan-African Association  
 Parker Jr. High School  
 Parker School  
 Passager Charter School  
 Patrick Henry School\*  
 Paulina Avenue Academy  
 Peabody School\*  
 Peace Will Feed Center  
 Peirce School\*  
 Pesches Garden Center  
 Piccolo School\*  
 Pinky's Pen Playhouse Home Day Care  
 Plainfield School  
 Poo Bear Day Care  
 Portage Park School  
 Prairie Oak School  
 Prairie State College Displaced Homemakers Program  
 Primary Academic Center  
 PrimeCare Community Health Inc.\*  
 Primo Center for Women and Children\*  
 Progressive Life Giving Word Cathedral  
 Progressive True Vine\*  
 Proviso East High School\*  
 Proviso Township High School  
 Proviso Township Mental Health Commission  
 Proviso West High School  
 Proviso-Leyden Council for Community Action  
 Pullman Bank  
 Pullman School  
 Quentis B. Garth Industries  
 Rainbow Beach Nursing Center  
 Raising Today's Children\*  
 Ravenswood School\*  
 Ray Graham Training Center  
 Reavis School  
 Reilly School\*  
 Rich East High School  
 Ridgeville Park District  
 Rielly School  
 Robbins Community Center  
 Rogers Park Childrens Center\*  
 Rolling Meadows Municipal Building  
 Rosa Parks Middle School\*

Rosemont School  
 Rosenwald School  
 Rotary International  
 Salvation Army\*  
 Sandbox Learning Center\*  
 Sandburg School  
 Sargent Shriver National Center on Poverty Law  
 Saucedo Academy  
 Sauganash School  
 Sauk School  
 Saukview School  
 Scamman School  
 Schiller School\*  
 School District 89  
 School of Leadership  
 Schubert School\*  
 Seaway National Bank  
 Senior Scholars Workshops  
 Serena Hills  
 Seventh Ave. School  
 Seward Academy  
 Sister House\*  
 Slumbusters Community Garden  
 Social Security Administration Chicago  
 Solomon School  
 South Suburban College  
 South Suburban Family Shelter, Inc.  
 South Suburban Latino Coalition  
 South Suburban Youth Service Alliance  
 Southwest School  
 Southwest Women Working Together  
 Southwest Suburban Area Agency on Aging  
 Spaulding School  
 SPEED Therapeutic  
 Spencer School\*  
 St. Alexander School  
 St. Bede The Venerable School  
 St. Benedict School  
 St. Bruno School  
 St. Catherine of Alexandria  
 St. Columbanus School  
 St. Cyprian's Ecumenical Food Pantry\*  
 St. Cyril & Methodius School  
 St. Germaine School  
 St. Gregory Episcopal School\*  
 St. James Hospital  
 St. Jane de Chantal School  
 St. Joachim School  
 St. Lawrence O'Toole School  
 St. Martin DePorres School  
 St. Richard School  
 St. Samuel C.O.G.I.C.  
 St. Simon the Apostle School  
 Stagg School  
 State Bank of Countryside

State Senator Donne E. Trotter  
 Sullivan High School  
 Sumner Academy  
 Sumner Park District  
 Swedish Covenant Hospital\*  
 Swift School  
 Sykuta School  
 Taft School  
 Talcott School  
 Talman School  
 Taylor School  
 The Ancona School  
 The Chicago Academy  
 The Coalition for Economic Empowerment  
 The Learning Center\*  
 The Salvation Army Chicago  
 The Salvation Army Temple Head Start\*  
 The Sanctuary Matteson  
 Throop Street Community Garden  
 Tiny Tots Pre-School & Kindergarten  
 Trinity Resource Prince of Peace\*  
 Triton College  
 U of I Chicago Laboratory School  
 U.S. Department of Labor Chicago  
 United Front, Inc.  
 United Nations  
 United Way  
 Vanity Box  
 Victor Herbert School  
 Village of Maywood  
 Village of Maywood Parks & Recreation  
 Vision of Restoration  
 Vista Health Center  
 Viva Family Center  
 Von Humboldt School\*  
 Wagoner School  
 Ward Head Start\*  
 Wentworth School  
 West Side Learning Center  
 West Suburban Senior Center  
 Western Avenue School  
 Westlake Health Foundation  
 Wheeling Township Senior & Disability Services  
 Wilkins School  
 Wilmette Senior Center  
 Wilson School  
 Wm H. King School  
 Women's Self-Employment Project  
 Yates School\*  
 YMCA Garfield\*  
 YMCA of Metro Chicago\*  
 Youth Outreach Services  
 YWCA Evanston  
 Ziebell Elementary School

\* denotes multiple programs provided

We have attempted to include all of our wonderful partners, and apologize for any omissions.

REPORT DESIGNED BY NANCY ROCKWOOD - COPYWRITER AMYSHUE-MERTENS

## LOCATE EXTENSION

We know that the people of Cook County are concerned about the future.

We need to think about GAINING the skills to remain employable, KEEPING our children interested in math and science, SAVING enough for retirement, and LEARNING about other cultures that are quickly becoming a part of our communities.

Extension is working with experts in every field to gather the most up-to-date information on topics such as using technology, opening a business, and respecting our environment.

We offer the information to your community in many ways. ONE-TIME CLASSES / WORKSHOP SERIES / TELECONFERENCES / ONLINE CHATS  
 Join us and advance. Extension is your doorway to the university and your pathway to success!

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UNIVERSITY OF ILLINOIS  
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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 an Extension program, please contact your local Extension office.

For more information on Extension in Cook County, visit [www.extension.uiuc.edu/cook](http://www.extension.uiuc.edu/cook) or phone 312-575-7844.