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EXTENSION

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UNIVERSITY OF ILLINOIS  
EXTENSION

Helping You Put Knowledge to Work

LEE COUNTY  
EXTENSION



**ANNUAL REPORT**



**FISCAL YEAR  
2006**

## Lee County Extension Council



Pictured: (back, l to r): Diana Boward, Dixon; Patti Rood, Amboy; Liz Magnuson, Sublette; Brenda Vaessen, Sublette; Deb Kerns, Sterling; Cory Sprung, LaMoille (front, l to r): Scott Hodapp, Dixon; Theresa Whittenauer, Amboy; Tom Cartwright, Dixon; Allyn Buhrow, Ashton; Robert Enlow, Amboy. (not pictured): Dale Atkinson, Amboy; Dana Considine, Dixon; Paula King, Compton; Dawn Summers, Dixon.

### Lee County Extension Council

#### Chairman

Allyn Buhrow . . . . . Ashton

#### Vice Chair

Tom Myers . . . . . Dixon

#### Secretary

Patti Rood . . . . . Amboy

#### Financial Reporter

Theresa Wittenauer . . . . . Amboy

### Lee County Extension Foundation

#### President

Patricia Wilson . . . . . Dixon

#### Vice President

Steve Florschuetz . . . . . Sublette

#### Secretary

Carol Richardson . . . . . Ashton

#### Treasurer

Karen Ewald . . . . . Dixon

Rick Brantner . . . . . Dixon

Marilyn Donoho . . . . . Paw Paw

Tom Draper . . . . . Amboy

### Lee County Extension Staff

County Director

**Joe Schwamberger**

Unit Educator, Youth & Family

**Sandy Stiles**

Community Worker, 4-H

**Linda Cheeseman**

Community Worker,  
Family Nutrition Program

**Marcia Cruse**

Marketing/Technology Coordinator

**Katie Dallam-Pratt**

Secretary

**Evelyn Johnson**

Secretary

**Anne Hussey**

## NEW IN 2006

### Lee County Extension Launches Website

Lee County Extension began 2006 with the launch of a newly redesigned website: <http://lee.extension.uiuc.edu>.

"If you farm or teach; if you are a student or are enjoying retirement; if you like gardening or crafting, this website has information for you," said Katie Dallam-Pratt, marketing & technology coordinator.

Visitors will find a full schedule of events and newsletters focusing on Lee County 4H, agriculture and gardening. Newsletters generated from other Illinois extension units are also available. These include "Good Gardening", "The Homeowner's Column", "Illinois Pesticide Review", and "Wellness Ways".

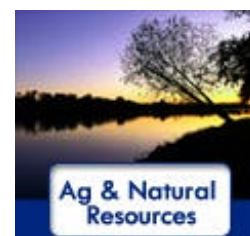
Under Nutrition & Health, visitors can learn more about the new food guide pyramid, discover nutritional after-school snacks, and develop healthy habits with the assistance of Sports & Nutrition.

Landowners and farmers can learn more in the Agriculture & Natural Resources area. In addition to links to state agriculture organizations, downloadable forms are available including the Illinois Cash Farm Lease document. Up-to-date research information and news about markets, integrated pest management and crop trends can also be viewed.

This website is also a tremendous resource for teachers and other educational professionals with links to new curriculum for all subjects, interactive projects and lessons designed to build character and respect in youth.

Dallam-Pratt said visitors can be assured the website will not become stagnant.

"We are changing links and adding new ones weekly."

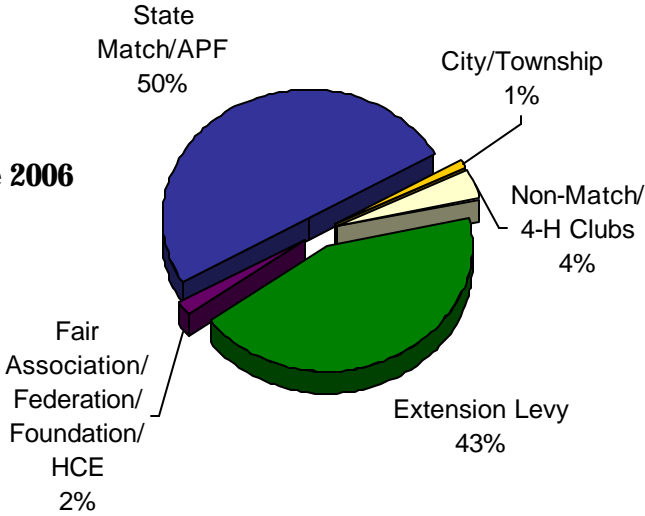


# 2006: A YEAR IN REVIEW

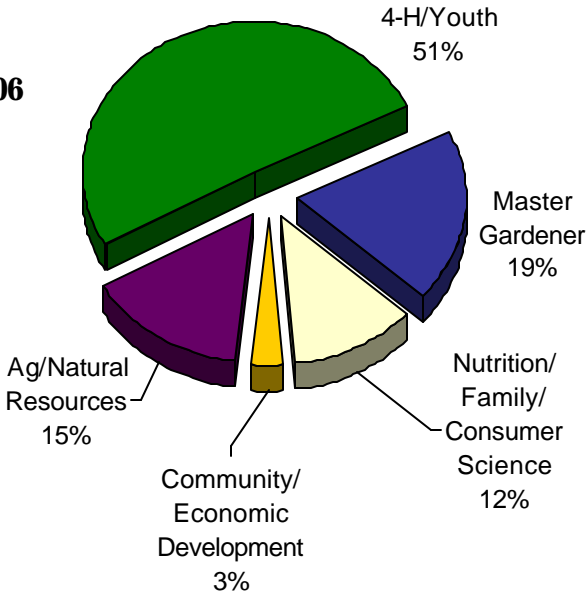
Through good financial management, terrific community support and solid partnerships with adjoining counties, Lee County Extension is pleased to continue offering quality programs to area youth and adults.

Thank you to all financial contributors, supporters and volunteers.

**Income 2006**



**Expenses 2006**



## Core Area: 4-H & Youth Development

### Traditional community 4-H clubs

351 4-H members in 16 clubs (ages 8-19) led by 69 adult volunteers  
 37 Cloverbud members in 5 clubs (ages 5-7) led by 6 adult volunteers

### 4-H School Enrichment Programs

7,663 total youth contacts

Event	Number Participating
4-H Food Bowl	60 youth representing 12 teams from 8 clubs
4-H Project Pool	73 youth, 38 volunteers
4-H Camp	44 campers, 10 counselors from Lee County Total: 121 campers, 28 counselors from Lee, Ogle, and Stephenson counties
Lee County 4-H Fair & Jr. Show	290 4-H members (83% of membership) and 24 Cloverbuds (71% of membership) exhibited Total: 2,662 exhibits
Earth Day is Everyday	1,400 youth
Character Education	1,031 youth
Health Fairs	1,722 youth
Embryology	12 classrooms from 7 schools (320 youth)

### Focus on: Health Jam

This past fall 100 fourth and fifth grade students from schools in Lee, Ogle, Boone, Stephenson and Jo-Daviess counties, took a challenge to learn more about their health, and to walk the entire 448 miles spanning the state of Illinois.

The two-day overnight camp titled "4-H Health Jam" included presentations by medical and pharmacy students from the University of Illinois College of Medicine (Rockford). Students toured KSB Hospital and learned about EMS, physical therapy, imaging, diets and the health department. Other workshops included strength training, kickboxing, 4-H fun, diabetes education, pharmaceuticals, nurse practitioners, and systems of the body.



Health Jam students' final challenge was to "Walk Across Illinois". Each student was given a pedometer and met at school in the weeks following the Health Jam to share their successes and learn more health habits.

## Core Area: Nutrition, Family & Consumer Sciences

### Total participating in the Family Nutrition Program

2,080 adults

7,472 youth (a 23 percent increase in participation from 2005)

Event	Number Participating
Dining with Diabetes	approximately 100 participants
Classroom Presentations	approximately 7,400 youth

### Focus On: Gifts from the Kitchen

During the 2005 Christmas season and again in May 2006, Marcia Cruse, Family Nutrition Program coordinator, visited the Life Skills class at Dixon High School. During the “Gifts from the Kitchen” program, students learned how to make inexpensive gifts using a variety of foods and other items found in the kitchen.

Each student made and decorated chocolate muggies, chocolate spoons, holiday bean soup mix, and holiday crackers.



## Core Area: Agriculture & Natural Resources

Event	Number Participating
Pesticide Applicator trainings	90 producers
Agronomy Workshops	150 producers
Distance Learning Workshops	150 producers

### Lee County Master Gardeners

In 2006, Mark Berry of Sublette received the State Outstanding Master Gardener Award. To receive this award, a Master Gardener must have completed 120 hours of volunteer service. Each year volunteer Master Gardeners help homeowners with their horticulture and gardening questions. This volunteer service saves Lee County Extension \$50,000 annually—the cost of keeping an individual with a masters degree in horticulture on staff full-time.



Event	Number Participating
Homeowner Calls	285
Ready, Set, Fall Ready, Set, Grow	250 participants from Lee & surrounding counties

## Core Area: Community & Economic Development

### Currently networking with the following organizations


- Amboy, Dixon & Paw Paw Chamber of Commerce
- City of Amboy
- Dixon Industrial Development Corporation
- Lee County Farm Bureau
- Lee County Health Department
- Lee County Housing Authority
- Lee County Soil & Water Conservation District
- Sauk Valley Community College
- USDA—FSA/NRCS

### Focus On: Rural Health

In January, Lee County Extension and DeKalb County Farm Bureau partnered with the University of Illinois College of Medicine (Rockford) on a study of rural health perceptions. Eight focus groups met January through March 2006 to discuss rural healthcare.

Each focus group involved three to five couples who are directly involved in production agriculture. The couples were asked a series of questions about their definitions of rural health, chronic disease and injury. Group discussion ranged from personal experience with life-threatening injuries, insurance coverage and general attitude about the profession of farming. The purpose of this study is to help health care workers better understand how farmers and their wives make decisions about seeking health care.





**RURAL HEALTH FAIR** is coming Saturday, March 3 to the Lee County 4H Center. Open to all individuals, their spouses and farm employees currently involved in production agriculture or agribusiness. Includes screening and testing for diabetes, cholesterol, respiratory, blood pressure, bone density, cholinesterase, skin cancer, hearing, vision, cardiovascular disease, balance, and colon cancer.

Cost is \$50.00 per person (includes all screenings). Only 100 appointments are available. To secure your spot, please pre-register no later than February 26 by calling Lee County Extension at (815) 857-3525.