

MONTGOMERY COUNTY HIGHLIGHTS

University of Illinois Extension
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January

- 4 4-H Foundation 7 PM
Master Gardeners 6 PM
- 8 Shepherd's Clinic 7 pm
- 10 Ag Mktg. 7:30 pm
- 15 Council Mtg. 5:30 pm
- 16 Garden Club 7 PM
- 20 4-H Skating 6:30 PM
- 22 PSEP 1-5 PM
- 24 Officials telenet 3 PM
- 28 Youth Culture Diversity Club 7 PM
- 29 Farm Conservation Tele net 9 AM

February

- 7 Leader Meeting 7 PM
- 12 Drainage Workshop, LLCC, 8:30 AM
Carnivorous Plants 1 PM
Master Gardeners 6 PM
- 14 Ag Mktg. 7:30 pm
Agronomy Day, LLCC, 8 AM
Govt. Officials Telenet 3 PM

March

- 6 4-H Foundation 7 PM
Master Gardeners 6 PM
- 13 Ag Mktg. 7:30 pm
- 15 Forensics Workshop
- 17 Landscaping on Wild Side, LLCC 7 pm
- 18 Ext. Council 5:30 PM
- 25 International Night 6 PM
- 27 HCE Salad Supper
Govt. Officials telenet 3 PM
- 29 Gardeners Day, LLCC
- 31 4-H Enrollments Due

Programs are held at U of I Extension Office, #1 Industrial Pk. Dr., Hillsboro, unless noted.

EXTENSION OFFICE EARNS AWARD OF EXCELLENCE



The Montgomery County Office of University of Illinois Extension recently was honored with the 2007 Extension Award of Excellence. The staff include: County Director Denise Kistner, Natural Resources Management Educator Kelli Bassett, Community and Economic Development Educator Amanda Cole, Youth Development Educator Peggy Hampton, Agriculture Literacy Coordinator Kendra Cox, Food and Nutrition

Program worker Priscilla Mathews, Community Worker Karen Rentz and secretaries Penny Grundy and Dara Jagodzinski.

The county board chair writes, "The quality of life of citizens in Montgomery County is enhanced by the services of the local extension unit." The committee cited the more than one hundred workshops presented each year, and school enrichment programs which reach more than 2500 youth annually, including countywide youth stewardship and safety days.

SOCIAL SERVICE DIRECTORY AVAILABLE

A social service directory has been provided as a public service by University of Illinois Extension, Montgomery County, for the last 12 years. Designed to provide a listing of agencies and organizations that serve Montgomery County, local residents and agencies may learn of services available.

The Social Service directory is available on the University of Illinois website, by accessing www.extension.uiuc.edu/montgomery and clicking on Community Directory.



UNIVERSITY OF ILLINOIS EXTENSION
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WE'RE ON THE WEB!

www.extension.uiuc.edu/montgomery

STAFF:

Denise Kistner, *County Director*

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Kelli Bassett, *Educator, Natural Resource Management*

Amanda Cole, *Educator, Community & Economic Development*

Karen Rentz, *4-H Community Worker*

Kendra Cox, *Ag Literacy Coordinator*

Priscilla Mathews, *Family Nutrition Program Coordinator*

Penny Grundy, *Secretary*

Dara Jagodzinski, *Secretary*

The Search for Edible Mushrooms

University of Illinois Extension in Montgomery County will host a program on March 10 beginning at 7 p.m. at the office in Hillsboro about mushrooms commonly found in Illinois.

Inevitably when the weather warms up, people will head to the woods and natural areas to enjoy the scenery and search for edible mushrooms. Raymond native, Dr. Andrew Miller who is the State Mycologist

with the Illinois Natural History Survey, will be on hand along with Dr. Darrell Cox, University of Illinois, to discuss the mushrooms that grow in Illinois. There are more than 20,000 species of mushrooms with an estimated 2000 species occurring throughout Illinois.

The program will focus on some of the more common species that are found in Illinois. They will explain the life cycle of these mush-

rooms and provide information on how to identify poisonous mushrooms.

For those that are serious about hunting mushrooms, Drs. Miller and Cox will also provide some suggestions about looking for edible

mushrooms during the spring, summer and fall.



NUTRITION AND WELLNESS

Local cooks had an opportunity to learn or enhance their skills through, a number of programs sponsored by Montgomery County Extension.

A three-part Dining with Diabetes program offered demonstrations and education on ways to deal with the nutritional aspects of the disease.

A few weeks later, Diabetes and the Holidays, provided more guidance and recipes to help individuals with diabetes and

those who will be serving foods to individuals with the disease. For those with diabetes, finding foods that fit into their meal plan is often difficult.

To further prepare for the holidays, a two-part bread making program was developed. Participants learned nutritional information, while learning the techniques of mixing, kneading, shaping, rising, and basic bread recipes, with emphasis on whole grains.

Both traditional and mod-

ern methods were covered, with a hands-on opportunity for learning. Each participant made bread to take home, and had the opportunity to practice the techniques, taste the products, and receive a cookbook of recipes. All classes were taught by Nutrition & Wellness Educator, Jananne Finck.

