

# Extending Knowledge in Lee County:

Illinois Extension Quarterly Update



**Illinois Extension**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN





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Our mission is to align research to needs and translate research into action plans that allow Illinois families, businesses, and community leaders to solve problems, make informed decisions, and adapt to changes and opportunities.



Chronic Disease Prevention and Management



Social Emotional Health



Food Access



Thriving Youth



Workforce Preparedness/Advancement



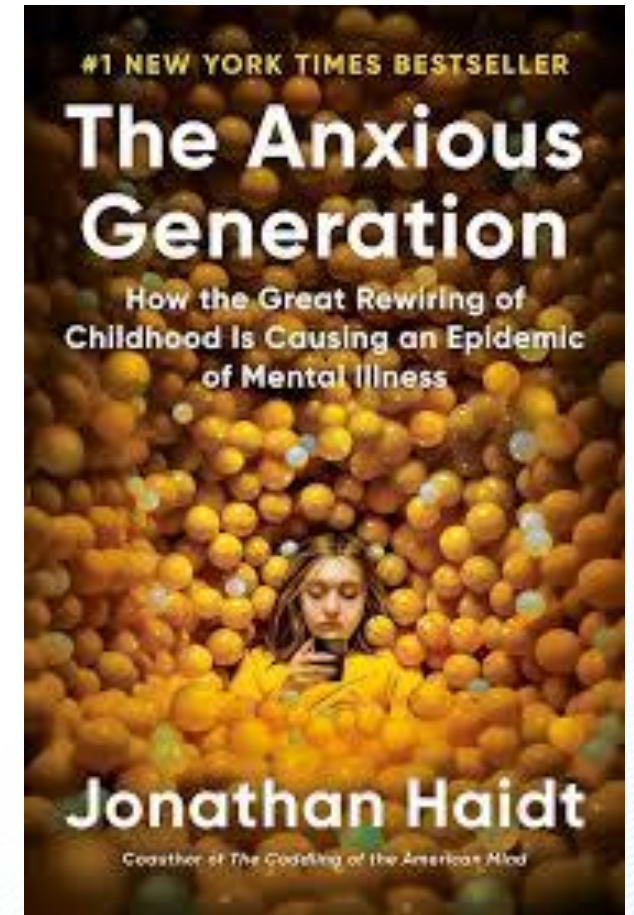
# Snapshot: Considerations for Gen Z (and beyond)

Uncomfortable  
with  
Discomfort

Lack of  
Authentic  
Friendships

Lack of  
Professional  
Experiences

Struggle with  
Constructive  
Feedback







# Youth in Action: Lee County 4-H Fair





## Lee County Excellence at the State Fair

- 44 Lee County Youth
- 6 Grand Champion Awards
- 7 Reserve Champion Awards



# Demonstrating Leadership and Mastery at the Multi-County and State Dog Shows







Exploring Healthy Living and  
Health Careers through the  
Health Rocks Program





Master Gardener Education at Morton Arboretum





Inspiring Minds: Library Learning Series





## Cultivating Growth: Impact of the Lee County Junior Garden on Youth and Community





Empowering Families  
through Engagement at  
the Sauk Valley Child Fair



# Shaping Futures: College for Kids Collaboration





# Youth Leadership Conference:

## *Youth in Action*

Saturday, November 23  
10 a.m. to 2:30 p.m.  
Freeport Public Library  
100 E. Douglas Street, Freeport

**\$10**  
per person

**Register Today!**

Open to all youth  
ages 12 - 18 years

online: [go.illinois.edu/YLC](https://go.illinois.edu/YLC)  
phone: (815) 235-4125



**I**

2024

**NORTHERN ILLINOIS REGIONAL 4-H  
VOLUNTEER & TEEN LEADER CONFERENCE**

# FOCUS ON THE FUTURE



**Saturday,  
September 21  
from 9am to  
4:30 pm**

**DEKALB CENTER  
FOR AGRICULTURE  
SYCAMORE, ILLINOIS**

**Illinois Extension**



# 4-H IS A

Hidden Treasure

**4-H OFFICER TRAINING**  
**MONDAY, NOVEMBER 11**  
**12:30-3:00 PM | STERLING**



## Pizza Party

Ahoj mates! Enjoy a slice of pizza and meet other 4-Hers from Carroll, Lee and Whiteside counties. Gain some new club ideas from others and plan to share your bounty of ideas at your next 4-H club meeting.



## Leadership Activities

Sessions will include team-building exercises and problem-solving challenges for all sailors. Shipmates will learn to communicate effectively, delegate tasks, and inspire those around us.



## Officer Roles

Explore 4-H officer roles and duties and learn how to successfully navigate your responsibilities.

**REGISTER BY**  
**NOV 6**



Whiteside Extension Office  
12923 Lawrence Rd. Sterling



815-632-3611



[www.zsuite](http://www.zsuite)



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If you need a reasonable accommodation to attend, call the registration office at 815-632-3611.



# 4-H Kids with Heart Exhibition



**TNDS**

**Location:**  
The Next Picture Show  
113 W First St | Dixon, IL

**Open House:**  
4 October 2024 | 6-8 PM  
Exhibits will be on display October 1-12



Explore a showcase of artwork created by our talented 4-H members, featuring a variety of styles and mediums. This family-friendly event is open to the public, so come out, support our young artists, and be inspired by their passion and creativity. We can't wait to see you there!



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# BLOOMS & PAPER

## MIXED MEDIA ART

**October 2 | 5:30 - 7 pm, Sauk Valley Community College**

Creativity blossoms with "Blooms and Paper"! In this class, you'll explore techniques utilizing canvas, scrapbook paper, and pen to create floral compositions. Whether you are a seasoned artist or a beginner, this course will explore the world of mixed media art, where every stroke of the pen and piece of paper brings your imagination to bloom. (Ages 8-18) Cost: \$29

To register visit: [go.illinois.edu/CommunityEdSVCC](https://go.illinois.edu/CommunityEdSVCC)



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## 4-H Kids in the Kitchen SPIN Club



2ND TUESDAY, SEPTEMBER - APRIL | 4-6 PM  
IMMANUEL LUTHERN CHURCH | DIXON  
1013 FRANKLIN GROVE ROAD  
\$30 | 4-H MEMBERS  
\$50 | NON-MEMBERS





# BIG AND SMALL GARDENING



WINIFRED KNOX MEMORIAL LIBRARY  
FRANKLIN GROVE



FIRST TUESDAY OF THE MONTH  
OCT AND NOV, 2024  
FEB, MAR, AND APRIL, 2025  
CALL THE LIBRARY TO REGISTER AT  
815-456-2823

## YOUTH LESSONS | 4 PM

### Oct 1 | Stepping Stones

Create your own design and decorate your garden space.

### Feb 4 | Gourd Bird House

Help feed the birds in the winter with your own unique bird house made out of a gourd.



## ADULT LESSONS | 6 PM

### Nov 5 | Indoor Herb Garden

Craft your own indoor garden to enjoy herbs all winter.

### Mar 4 | Fairy Gardens

Fairy gardens are fun and full of interesting plants and decorations. Come create one of your own.

### Apr 1 | Hummingbirds

Learn the habits of hummingbirds, hummingbird feeder maintenance and how to enjoy these tiny visitors all summer. Take home your own feeder to get you started with this fun pastime.



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# PUMPKIN

# SMASH!

## SMASH INSTEAD OF TRASH

When jack o' lanterns are past their prime, many end up in the trash. Bring your pumpkins that are free of candles, stickers, glitter, yarn, and synthetic decorations to a community composting event to divert pumpkins from the landfill, where they can contribute to producing the greenhouse gas methane.

**SAUK VALLEY COMMUNITY  
COLLEGE PUMPKIN FIELD**  
173 IL RTE 2  
DIXON



**Sauk Valley  
Community College**



Rain or Shine, kids games provided by  
4-H Members & Master Gardeners



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## YOUTH MENTAL HEALTH FIRST AID

The course will teach you how to apply the ALGEE action plan:

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

Course Instructors:  
Karla Belzer  
County Director  
University of Illinois Extension  
Sterling, IL  
815-632-3611  
kbelzer@illinois.edu

Laura M. Smith  
Family Care Coordinator  
Sinnissippi Centers, Inc  
Mount Carroll, IL  
815-244-1376  
laurasmith@sinnissippi.com

Workshop is \$30

FREE CEU's are available for LPC, LCPC, LSW, LCSW and others who complete the entire workshop.

### WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

## TRAINING AVAILABLE WEDNESDAY, OCTOBER 16

### TRAINING: NOON—5:00 PM

2 hour self-paced online pre-work must be completed by 10/15

**LOCATION: WHITESIDE EXTENSION OFFICE**  
**12923 LAWRENCE RD | STERLING**  
**COST: \$30**

**REGISTER ONLINE BY OCTOBER 2:**  
**[go.illinois.edu/youthmentalhealth](https://go.illinois.edu/youthmentalhealth)**

**QUESTIONS CONTACT:**  
**WHITESIDE EXTENSION | 815-632-3611**



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**SINNISSIPPI CENTERS**  
Together we inspire wellness

## POVERTY SIMULATION EXPERIENCE

A JOURNEY INTO THE REALITIES OF POVERTY

**LEE COUNTY**  
**OCTOBER 4, 2024**

Sauk Valley Community College  
Dillon Mall – 173 IL-2, Dixon

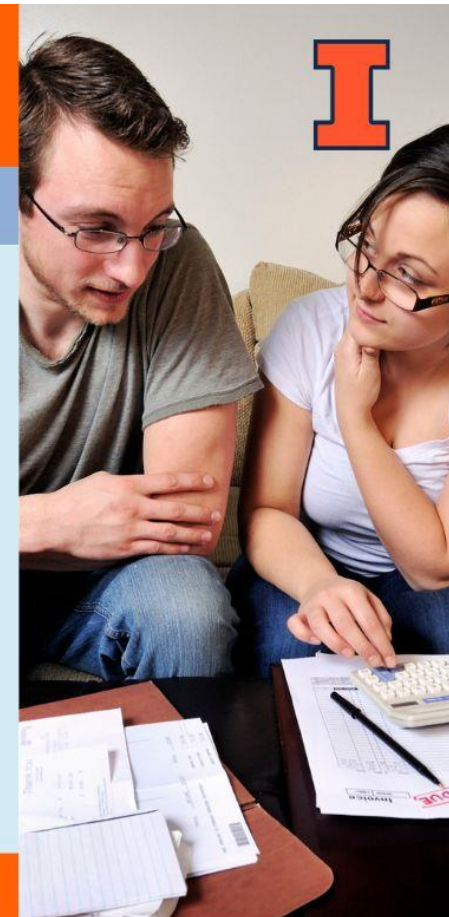
**9 AM–12:30 PM**  
**DOORS OPEN:**  
**8:30AM**

**REGISTER ONLINE:**  
**[GO.ILLINOIS.EDU/CLWPOVERTY](https://go.illinois.edu/clwpoverty)**  
**FREE WORKSHOP**  
**INCLUDES LUNCH**

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For a full listing of Extension  
programs or to register,  
scan QR Code or visit:  
[go.illinois.edu/CLWprograms](https://go.illinois.edu/CLWprograms)







# Karla Belzer

County Director

815.632.3611 – [kbelzer@illinois.edu](mailto:kbelzer@illinois.edu)

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