



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

# NEWSFLASH



December 18, 2020

*#Opportunity4All*

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[go.illinois.edu/jsw](http://go.illinois.edu/jsw)

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Office Support  
Assistant



Find us on  
Facebook!



**Congratulations to Addison Tiesman of the Lena Lucky Clovers 4-H Club for your winning 2020 holiday card design featured above!**

Good afternoon Stephenson County 4-H Families,

We are gearing up some programming right when we return from break in January and I wanted to get a Newsflash out so you could get registered for the virtual workshops featured. We have a countywide 4-H meeting on Monday evening that is welcome to all– you can even invite a friend if you would like to! Just please do not share the Zoom link I email you on Facebook or social media– please email or text it directly to your friends for our safety. Thank you! Our programs in January include a Public Speaking workshop, Bread-baking Education Kit for National Baking Month and a virtual 4-H Officer Training. You should be able to click on any of the attached flyers to take you directly to the registration as a hyperlink.

I wish you all a very Merry Christmas and safe New Years. I think we will welcome 2021 with open arms!

Best wishes!  
Becky Gocken

STEPHENSON COUNTY 4-H INFORMATION:

STEPHENSON COUNTY  
**COUNTYWIDE  
4-H  
MEETING**

December 21 | 6:30 pm  
Zoom

Zoom link will be emailed on  
Monday morning!

Our 4-H Ambassador Team has a fun  
paper-bow making demo planned for you!

# STEPHENSON COUNTY IMPORTANT DATES TO REMEMBER

## DECEMBER 2020

- 19 SC 4-H Ambassador Meeting via Zoom, 9-10 am
- 21 Stephenson Countywide Virtual 4-H Meeting via Zoom, 6:30 pm
- 24– Jan. 1 Office closed for holidays (Re-open Monday January 4, 2021)

## JANUARY 2021

- 1 Beef Steers, Beef Perf. Cows, Dairy Cows, & Milking Dairy Goat ownership (No paperwork to Ext. Office)
- 9 Public Speaking Workshop via Zoom, 9-11 am
- 11 Volunteer Meeting for Officer Training– please email Becky ASAP @ rgocken@illinois.edu if you can help lead a virtual break-out session!
- 12 Last day to register for “I Made That”
- 15 Enrollment Deadline for 4-H Online (Extended from 12/15/2020)
- 18 Extension Office Closed for Martin Luther King, Jr. Day
- 23 Virtual Officer Training for JoDavies, Stephenson, & Winnebago County 4-H Officers, 9-11am– More info to come after Jan .1.

## FEBRUARY 2021

- 1 Submission deadline for “I Made That”
- 6 Beef Weigh-In, Lena Vet Clinic– More details to come
- 10 Organizational Leaders Meeting, 6:30 pm, Location TBD
- 13 Beef Weigh-In Snow Date
- 15 Re-enrollment and new 4-H member enrollment deadline (extended from December)

## MARCH 2021

- 15 Fair Entry opens for Public Presentations
- 24 Dog SPIN Club Kick Off Meeting, 6:30 pm, Location TBD

## APRIL 2021

- 1 Final day to add/change projects in 4-H Online
- 18-24 National Volunteer Week



## STEPHENSON COUNTY 4-H INFORMATION:



# 4-H & FARM BUREAU PUBLIC SPEAKING VIRTUAL TRAINING

Learn how to write and perform a speech using gestures and movement. Learn how to frame yourself in a digital world. Meet Candice King, 4-H alumni and local news meteorologist. Get information on the Speaking for Illinois 4-H Program, and get feedback if you have a speech prepared to share.

**SATURDAY, JANUARY 9 FROM 9-11 A.M.**

**REGISTRATION REQUIRED BY 1/5/21**

**[HTTPS://GO.ILLINOIS.EDU/PUBLICSPEAKINGTRAINING](https://go.illinois.edu/publicspeakingtraining)**

Attend the training and participate in the Public Presentations contest and receive a gift from the Farm Bureau



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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, call the Stephenson County Extension Office, (815)235-4125.**





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# I MADE THAT!

## Baking Month Education Kit

Jo Daviess County 4-H Stephenson County 4-H Winnebago County 4-H

### January is National Baking Month & Bread is on the Rise!

Learn to bake yeast bread and how to make modifications to fit your family's needs. University of Illinois Extension & 4-H has a fun opportunity to enhance your baking skills!

We are putting together educational cooking kits - designed to inspire the inner chef and help youth gain confidence while working in the kitchen.

#### Sign-up to receive a January Baking Kit!

**The cost is \$5 per kit.** Each kit includes a baking guide, yeast bread recipes, a sensory evaluation, plus a bag of flour and yeast to get started.

- Register for your kit at [go.illinois.edu/jswIMadeThat](https://go.illinois.edu/jswIMadeThat)
- Your kits will be available the 3rd week of January for you to pick up at one of our Extension offices in Jo Daviess, Stephenson & Winnebago.
- You'll then have a few weeks to utilize your kit and bake your bread.
- Complete your sensory evaluation form and upload a photo of your bread to showcase what you've learned by **February 1**.

This project is ideal for families to do together or for youth with cooking experience. Make time to cook together as a family! All youth are welcome and do not have to be a 4-H member to participate.

There are many benefits of this socially engaging, offline activity, including:

- Youth develop life skills and social skills
- Teamwork and family bonding are reinforced
- Cooking promotes gratitude and appreciation
- Healthy habits and positive memories are fostered

**So...let's get baking!**

**The deadline to register is January 12, 2021**

Register at [go.illinois.edu/jswIMadeThat](https://go.illinois.edu/jswIMadeThat)



**STEPHENSON COUNTY 4-H INFORMATION:**



# 4-H Club Officer Virtual Training

**SATURDAY, JANUARY 23, 2021  
9-11 A.M.**

Cost: Free - Hosted by 4-H Volunteers

Register Online @ [go.illinois.edu/jswofficertraining](https://go.illinois.edu/jswofficertraining) or  
by calling the Extension office at 815-235-4125



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University of Illinois Extension provides educational programs and research-based information to help Illinois residents improve their quality of life, develop skills and solve problems. If you need a reasonable accommodation to participate in this program, please call the U of I Extension office. Early requests are strongly encouraged to allow sufficient time for meeting your access needs. University of Illinois Extension provides equal opportunities in programs and employment. University of Illinois College of Agricultural, Consumer and Environmental Sciences - United States Department of Agriculture - Local Extension Councils Cooperating.



# 4-H Dog SPIN Club Schedule 2021

**Kick Off Meeting: March 24, 2021 at 6:30 p.m.  
Location TBD**

Traditional obedience class (Beginning Novice, Preferred Novice and Novice) will begin at 6 p.m. Showmanship will begin at 6:45 p.m. Rally will begin at 7:00 p.m. These classes will meet on Wednesdays.



May 19  
May 26  
June 2  
June 9  
June 16  
June 23  
June 30  
July 7



July 9 \*Last practice session on evening before Dog Show

All classes will be held at the Stephenson County Fairgrounds in the Foresight Commercial Building or outside of the building on the grass (weather permitting).

**The 4-H Dog Show is Saturday, July 10, 2021 at 9:00 a.m.  
Foresight Commerical Building.**

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**ILLINOIS 4-H INFORMATION:**



**STANDING TOGETHER TAKING ACTION (STTA)  
4-H SPIN CLUB**

*Navigating Social Justice for Teens*  
*Social justice is the view that everyone deserves equal economic, political and social rights and opportunities*

**AN 8-PART VIRTUAL SERIES FOR YOUTH AGES 13 & OLDER**

*February 2nd & 16th*  
*March 2nd & 16th*  
*April 6th & 20th*  
*May 4th & 18th*

STTA Club meetings will be held every 1st & 3rd Tuesday from 5:30 p.m. -6:30 p.m. CST.

TOPICS INCLUDE: LEADERSHIP, RACIAL EQUITY, CONFLICT RESOLUTION, SERVICE LEARNING, AND MORE!

APPLY BY JANUARY 8TH, 2020  
TO APPLY: [HTTPS://GO.ILLINOIS.EDU/STTA](https://go.illinois.edu/stta)

EXPLORE SOCIAL JUSTICE IN A RESPECTFUL AND NON-JUDGEMENTAL ENVIRONMENT



**Save the Date**

**Virtual**  
**Illini Summer Academies**  
**June 27 - July 1, 2021**

ISA will be held virtually.  
Details are coming soon!



## ILLINOIS 4-H INFORMATION:

### ILLINOIS 4-H YOUTH LEADERS HIGHLIGHTED IN UNIVERSITY OF ILLINOIS VIDEO COMPETITION

On November 15th, Dr. Megan Dailey, Metropolitan Food and Environmental Systems Director at the University of Illinois, announced the winners of their Food Systems Video Challenge. The first-place prize went to Julia Heller, a 4-Her from Ogle County currently serving as the Illinois 4-H Food Advocacy Team President and studying Animal Sciences at the University of Illinois Urbana-Champaign. Second place was awarded to Elaan Bader, a 4-Her from Montgomery County and a Food Advocacy Team member. Both video submissions focused on the role which each of us plays in shaping our food system. Future video challenge competitions will be made available to 4-H members around the state who want to play a role in a healthier, more sustainable future. See the winning video submission on the Metropolitan Food and Environmental System Facebook feed here: <https://www.facebook.com/watch/MFSTIllinois/>

For more information, contact Mark Becker, [mbbecker@illinois.edu](mailto:mbbecker@illinois.edu).

#### NUTRIEN ANNOUNCES COMMUNITY ACTION PLAN GRANT

In coordination with the National 4-H Council and the Illinois 4-H Foundation, youth leaders will work with an industry leader in addressing topics of sustainable agriculture and environmental stewardship. Teams must consist of three youth leaders and one adult mentor. Applications are due December 31st, 2020. Projects will be supported up to \$1,000.

Link to application: <https://go.illinois.edu/NutrienCAP>

#### ILLINOIS 4-H FOOD ADVOCACY TEAM ANNOUNCES FOOD ADVOCACY GRANT

Want to do more about food insecurity where you live? With the support of the Illinois 4-H Foundation, youth leaders throughout Illinois will have the opportunity to receive financial support for projects addressing food security, food access, and food justice in their neighborhoods and communities. Applications are due Monday, December 21st for review by the Food Advocacy Team. For more information and ideas for service-learning projects, see the online application: <https://go.illinois.edu/FoodAdvocacyGrant>

### NATIONAL 4-H COUNCIL ANNOUNCES THE UPCOMING 2021 NATIONAL YOUTH AGRI-SCIENCE SUMMIT

At the National 4-H Youth Summit on Agri-Science, high school students develop the skills and knowledge needed for the challenges facing agriculture, food security, and sustainability. Students will work with each other and experts in the agricultural community in this collaborative, hands-on educational setting. The summit will be an opportunity to meet like-minded peers from across the country, learn more about career opportunities, and network with professionals in the field of Agri-science. As a cornerstone of the experience, participants are challenged to identify and develop action plans that address issues related to agriculture in their community. For more information visit: <https://4-h.org/parents/national-youth-summits/#!agri-science>

For more information, contact Mark Becker, [mbbecker@illinois.edu](mailto:mbbecker@illinois.edu).

## ILLINOIS 4-H INFORMATION:

### ILLINI SUMMER ACADEMIES



If you are curious as to what college or career is right for you, plan now to join us and discover new possibilities at the Illini Summer Academies (ISA)! At ISA you can expect a fun and exploratory experience featuring a virtual academy session and a variety of new workshops and fun virtual activities. For questions, contact us at [illini-4h@illinois.edu](mailto:illini-4h@illinois.edu).

### WOULD YOU BE INTERESTED IN BECOMING A MEMBER OF THE FIRST ILLINOIS 4-H VIRTUAL ESPORTS SPIN CLUB?

With eSports becoming one of the largest growing tech industries in the world, with an annual revenue of \$1.5 billion with an expectation to reach \$2.2 billion by 2023, it is time that our youth become poised and ready to meet the demands of this growing field.

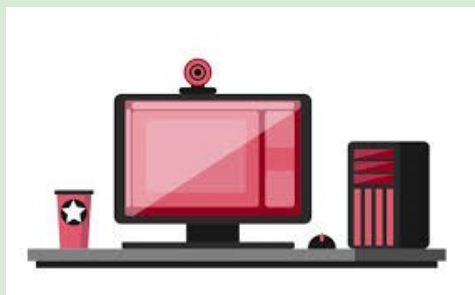
Are you **at least 12 years old and own a computer or gaming system**? This year Illinois 4-H released a pilot curriculum focused on the growing field of electronic sports, or eSports, and we would like to pilot it with you! As a pilot, we hope to add to and modify the curriculum based on the feedback and input of the youth involved. Under the direction of Illinois 4-H Computer Science Innovator Eric Li, youth will be virtually guided (using Zoom) through the eSports Pilot curriculum, learn the basics of the eSports field, and learn about the hardware and software that makes eSports possible. In addition, youth will be able to play and practice their favorite games as a team, and potentially compete in one or more eSports competitions through the Spring and Summer.

**Registration for this opportunity will open on Dec. 1 and close on Jan. 15, with meetings beginning the third week of January.** Schedule and goals will be determined/presented in the first meeting with plans on meeting at least twice a month (and more frequently before competitions).

Interested youth can sign up at the link below:

<https://web.extension.illinois.edu/registration/default.cfm?RegistrationID=22817>

For questions or comments, please contact the Illinois 4-H STEM Team at [Illinois4h-STEM@illinois.edu](mailto:Illinois4h-STEM@illinois.edu)



## WHAT'S HAPPENING AT THE EXTENSION:

### UNIVERSITY OF ILLINOIS EXTENSION

To stay up to date on all of our programs, visit our web page: [extension.illinois.edu/jsw](http://extension.illinois.edu/jsw) and follow us on Facebook @UnitOneExtension and YouTube



Jo Daviess County  
204 N Vine, Elizabeth  
815-858-2273

Stephenson County  
2998 W Pearl City Rd, Freeport  
815-235-4125

Winnebago County  
1040 N Second St, Rockford  
815-986-4357



Happy Holidays!

Staff will be on break December 24 - January 3.  
Normal work schedules resume on Monday January 4, 2021



#### **Fruit Tree Pruning: The "Older Neglected" and the "Just Planted"**

**January 20, 2021 - Noon - 1:30 PM**

**January 26, 2021 - 6:00 - 7:30 PM**

**\$5 Registration Fee**

This course will go over the basics of fruit tree pruning, steps to take to get started, and guidance on pruning trees that have never been pruned to those that have just been planted in 2019. This year's fruit tree pruning classes will be held virtual, using the zoom platform. "While you might think that you cannot learn to prune using a virtual format, Grant has developed a color-coded system for teaching people how to prune that works really well to help you understand what to prune and what to leave behind.

#### **Certified Livestock Manager Training**

**Wednesday, January 20, 2021**

**Friday, January 29, 2021**

**Tuesday, February 9, 2021**

**Thursday, March 4, 2021**

**9:00 am - 1:00 pm**

**\$40 Registration Fee per person**



According to the Livestock Management Facilities Act (LMFA), livestock facilities in Illinois that house more than 300 animal units are required to have at least one certified livestock manager. Four webinars (virtual workshops) will be offered. You must attend the whole webinar (about 4 hours) to be eligible for your certificate. After the webinar, those with over 1,000 AU will be required to log in and take the 40-question online test in lieu of the IDoA's paper-based test.

Online training is also available at [go.illinois.edu/CLMT](http://go.illinois.edu/CLMT)

#### **4-H & Farm Bureau Public Speaking Training**

**January 9, 2021 - 9 - 11:00 am**

Public speaking can be a scary thing for many people, but with practice and confidence many people can overcome that fear. 4-H and Farm Bureau are teaming together to sponsor a public speaking training via Zoom for all interested youth wanting to enhance their public speaking skills.

#### **GARDENING QUESTIONS?**

Our Master Gardener Helpline is open and ready to help. Fill out our [online form](#) to help us serve you better. Or call us with your question.



**January 12, 2021**

**6:00 PM**

Plan to join Extension Educator Jay Solomon for "Home Energy Checkup with a northern Illinois perspective" an interactive webinar to learn some easy ways to approach identifying energy saving/cost saving opportunities in your home.



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#### **Radon: Why Is It Still an Issue**

**January 14, 2021**

**1:00 PM**

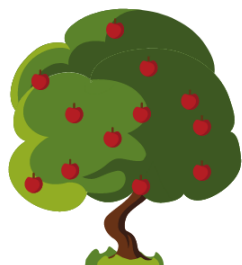
**\$5 Registration Fee**

Join EES Educator Stanley Solomon for this webinar to learn why radon should still be a concern for Illinois residents. As the leading cause of lung cancer for non-smokers, radon continues to be the odorless, radioactive gas silently sneaking into many homes.

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, email [uie-jsw@illinois.edu](mailto:uie-jsw@illinois.edu). Early requests are encouraged to allow time to meet individual requests.



WHAT'S HAPPENING AT THE EXTENSION:



**Illinois Extension**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

## **Intro to Fruit Tree Pruning:**

**From the “Old & Neglected” to the “Just Planted” Fruit Trees**

**Presented by Grant McCarty,  
Illinois Extension Local Foods and Small Farms Educator**

**Offered 3 different times via Zoom on-line meetings**

**Thursday, December 17, 2020**

**Noon to 1:30 p.m.**

**Wednesday, January 20, 2021**

**Noon to 1:30 p.m.**

**Tuesday, January 26, 2021**

**6 to 7:30 p.m.**



## WHAT'S HAPPENING AT EXTENSION:

### Extension offers Home Energy Checkup Webinars



With winter setting in once again, we all have that feeling of dread when the electric bill arrives each month: How high will it be this time? We used how much electricity? Maybe it is time to gain a better understanding of how you use energy in your home and look at some simple changes to help reduce that bill. With understanding of where the energy is used, you can make informed decisions about low and no-cost management improvements in your home energy efficiency.

Plan to join Extension Educator Jay Solomon for “Home Energy Checkup with a northern Illinois perspective” an interactive webinar to learn some easy ways to approach identifying energy saving/ cost saving opportunities in your home.

“Every home and family have a unique energy use pattern. Understanding where energy is used in your home is the best way to find cost and energy saving opportunities.” Solomon suggests. “There are often groups of small changes and modification that can add up to big savings, without a lot of expense to home or appliances.”

“Home Energy Checkup with a northern Illinois perspective” will be held on the Zoom on-line meeting platform. There will be two offerings of this webinar: Tuesday, December 15 at Noon, or Tuesday, January 12 at 6 p.m. Each webinar will be an hour in length. Registration is required to attend and can be completed on-line at <https://extension.illinois.edu/jsw> . For more information, call University of Illinois Extension at (815) 235-4125. These webinars are presented as part of an Illinois Science & Energy Innovation Foundation educational grant funded project.

### 2021 Driftless Region Beef Conference to be held on Jan. 26-28

**Lead-off speaker, Dr. Frank Mitloehner, discussing livestock and climate change**

The upcoming virtual Driftless Region Beef Conference will feature Dr. Frank Mitloehner, a professor and air quality specialist at UC-Davis, as the leadoff speaker. Dr. Mitloehner will discuss greenhouse gases and the sustainability of beef cattle production. His presentation will explain factors of climate change, livestock impacts, and the importance of ruminant livestock in the midst of growing pressures from environmental groups.

Understanding the facts and fiction behind livestock production and emissions is the first step in debunking the myths of livestock and climate change. “Attending Dr. Mitloehner’s presentation via webinar format will give producers an opportunity to learn and equip themselves to engage in a positive discussion of livestock and climate change,” said Jay Solomon, Energy and Environmental Stewardship Educator, University of Illinois Extension.

The conference will have two presenters each evening of Jan. 26-28. All three sessions will run from 7 to 8:30pm. Other speakers include Dr. Kevin Bernhardt, UW Madison Division of Extension, who will discuss Building Farm Resiliency for Surviving Volatile Times; and Shawn Darcy, National Cattlemen’s Beef Association, addressing What Consumers Say They Need and Want; and Dr. Paul Plummer, Iowa State University, discussing Antibiotic Resistance in the Beef Industry; and Dr. Danelle Bickett-Weddle, Iowa State University, shares Being Prepared for a Beef Cattle Pandemic/Secure Beef (both cow-calf and feedlot); and Dr. Brenda Boetel, UW Madison Division of Extension, with a 2021 Market Outlook.

Registration and more information on topics and speakers is available at [www.aep.iastate.edu/beef/](http://www.aep.iastate.edu/beef/). Pre-registration is required. Don’t miss this opportunity to register to hear these great speakers at the reduced registration fee of just \$15 this year.

Driftless Region Beef Conference sponsors are Iowa State University Extension and Outreach, University of Illinois Extension, and University of Wisconsin-Madison Division of Extension. For more information or to receive a brochure, contact Denise Schwab, Beef Specialist with ISU Extension and Outreach, at 319-472-4739

## NATIONAL 4-H INFORMATION:

# 4-H at Home for the Holidays



### NEW HOLIDAY ACTIVITIES ON 4-H AT HOME

Just in time for the holidays, we've created a holiday destination with fun new activities to do at home. Whether you're a mad scientist, a curious baker (and taster), or a daring dreamer, there's a little something here for everyone! ([click on the above image](#))



# Thank You

GIVINGTUESDAY

### A MESSAGE OF THANKS

All of us at 4-H are so grateful for the outpouring of support on Giving Tuesday. In just one day, our community came together to donate over \$20,000. Thanks to our generous matching donors, that brings our **#GivingTuesday total to \$40,000!** All [donations](#) made through the end of the year will continue to be matched dollar-for-dollar—that's \$80,000 still available in matching funds to help 4-H reach more kids.

These funds go directly to helping 4-H empower more kids like Ashini, the Louisiana 4-H'er who took over our social channels yesterday to share her story. Catch up on our [Facebook](#) page and please enjoy her video message of gratitude. ([Click on the image above](#))



## SHOP AND SUPPORT 4-H

Click any of the images below for a direct link!



### SHOP 4-H GIFT GUIDE

The annual Shop 4-H holiday gift guide features a variety of gifts for every budget and taste, including comfy outerwear, inexpensive stocking-stuffers, and gift ideas that any 4-H supporter would love.



### SAVE 15% AT JOANN WITH 4-H

Just in time for holiday crafting, sign up for your JOANN 4-H rewards card today to save 15% off your total purchase\* and a percentage of each sale goes back to support 4-H. *\*some exclusions apply.*



### NEW 4-H RIDING GEAR

State Line Tack is helping 4-H'ers jump to new heights and rise up to their potential. Their new line of 4-H gear is now available. Check it out and support the growth of 4-H equine programs across the country.



### SUBSCRIBE & SUPPORT

Start, renew or gift a High Plains Journal subscription and they'll donate 25% back to 4-H. High Plains Journal is a weekly agriculture publication featuring ag news and markets, award-winning editorial and extensive farm and ranch classifieds.

