



★ ADVENTURES AWAIT! ★

July/Aug 2020

Logan County 4-H Newsletter

Virtual 4-H Shows!

On July 1 the decision was announced that all 4-H general project and 4-H livestock shows and exhibitions scheduled through August 31 will move online to a virtual exhibition platform called FairEntry. The focus continues to be on managing the safety of event participants & the communities where these events take place.

This means **Logan County 4-H livestock and general project members will exhibit virtually**, through uploads to the 4-H Online FairEntry program. **Entries will be accepted this year from July 10 @ Noon – July 24 @ Noon at <https://logan4-hfair.fairentry.com>** . You will **NOT** need to log into FairEntry until you are ready to upload your exhibit photos and documents. (This means your 4-H projects need to be COMPLETED in order to register at the FairEntry site). **PLEASE do not wait until final day of entries to upload** in case you run into technical issues.

You can visit the Logan County 4-H page of our website to find the following materials and information to assist you with Logan 4-H Virtual shows and entering via FairEntry: <https://go.illinois.edu/logan4h> - Scroll down to the gray box and the 4-H Shows “tab” section.

Logan County Virtual 4-H Showbook (direct ink): <https://go.illinois.edu/loganvirtualshowbook> - explains the revised virtual exhibit upload requirements – click on links to projects from Table of Contents.

Virtual Show Entry and Upload Instructions – step by step directions for uploading your exhibits to participate in Logan 4-H Virtual shows

4-H Project Report (PDF) and Word versions – complete & upload for most general 4-H projects (non-livestock)
Exhibit Card (for use in taking photos/preparing slide show of your 4-H exhibit)

QUESTIONS?? – If you have questions concerning virtual entries, 4-H staff are still working remotely from home, so please reach out via email to a 4-H Staff member: Patty Huffer (phuffer@illinois.edu); Amy Hyde (amyhyde@illinois.edu) , or Carissa Davis (akpore@illinois.edu)

Virtual Show VIDEO & Slide Show Reminders

For those 4-H Exhibits requiring **video** (all livestock – 45 – 60 second videos) please remember to add the information about your entry in the file description area for videos – especially if you have several animals of similar weight and breed and gender/sex. It will be important for us to be able to connect your video to the appropriate entry within the FairEntry system. **Include:** 4-H member name, Species of Animal/Breed, Exhibit Class Name, Animal Date of Birth (for breeding classes: heifers, gilts, goats, etc), Declared/Estimated Weight (for market animals - steers, wethers, barrows, commercial gilts, etc) After creating your entry be sure you Upload your videos at <https://go.illinois.edu/loganvideo20>

If you choose to prepare a **Slide Show** (Power Point or Google Slides) for entry please be sure to save in PDF format to upload as you make your entry (it will be more easily accessible for judge to view).

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<http://go.illinois.edu/logan4h> www.facebook.com/LMS.4H
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Additional “virtual” contests

4-H Night “Virtual” Alternatives (Replacing traditional ‘in-person live scrambles’) – Chicken Coloring Contest (ages 6 & 7) – prizes awarded to 1st, 2nd, and 3rd place colorings, Goat Essay Contest (ages 8 & 9) - five winners selected will receive a goat to raise and show in the 2021 Logan 4-H Goat Show, Pig By Products Drawing Contest (Ages 10-15) – prizes awarded to 1st, 2nd, and 3rd place drawings. Details will be emailed to all 4-H families – **entries due to AMY HYDE: amyhyde@illinois.edu by July 24!**

Illinois State Fair Exhibit Information

The 2020 Illinois State Fair has been canceled, but there will be modified state exhibit opportunities for 4-H members. For General Projects, State Fair Delegates and Alternates will be chosen during the county shows. If you are chosen to advance, the information/photos you submitted for the county show will be used for state-level judging.

Counties have been divided into three groups to be judged during 3 weeks in August. **Logan County State Fair Delegates will be judged during the timeframe of August 19 - 23.**

The awards will include Champion Medals for the highest score in each project class and Reserve Medals for the second highest score in each class. Cash premiums from the state will be paid to the medal winners. Innovation Awards will be given to exhibits judges find inspiring, innovative, or creative and are not based on scores. Medal winners cannot receive the innovation award in 2020.

Junior Livestock Expo (State)

The Illinois Department of Agriculture will host a Junior Livestock Expo at the Illinois State Fairgrounds in Springfield, open to any youth ages 8-21. **This is not a 4-H sponsored activity** but may be of interest to members enrolled in these project areas. More information is available at <https://www2.illinois.gov/sites/agr/Documents/20%20JrLivestock.pdf>.

September 11-13

Beef (entry fee \$20)
 Sheep (entry fee \$15)
 Dairy Goats (entry fee \$15)
 Pygmy Goats (entry fee \$15)
 Rabbits (entry fee \$1)
 Poultry (entry fee \$1)

September 18-20

Swine (entry fee \$15)
 Dairy Cattle (entry fee \$15)
 Meat Goats (entry fee \$15)

Junior Horse Show (State)

The Illinois Department of Agriculture will host a Junior Horse Show at the State Fairground in Du Quoin, open to any youth ages 8-21. The entry fee \$10. **This is not a 4-H sponsored activity** but may be of interest to members enrolled in the Horse project. More information is available at <https://www2.illinois.gov/sites/agr/Documents/20%20JrHorse.pdf>.

- **August 29-30** – English Show Portion
- **September 5-6** – Western Show Portion

Understanding 4-H premiums

In the past, the Illinois Department of Ag has provided funds to local Illinois 4-H members in the forms of premiums (cash prizes) for participation in 4-H shows and exhibitions. We currently have no guarantee that those funds will be provided. We treasure each of our 4-H families and know that you make a financial investment in your 4-H project work. We hope you continue to take pride in your 4-H learning and continue to participate fully in the 4-H program. As you are aware, we have no control on the actions of Illinois government.

Treasurer Books & Secretary Books

After the end of the 4-H year on August 31, all 4-H clubs are required to turn in their Treasurer Book (unless they do not have a treasury) and Secretary Book to the Extension Office. **Officers should complete their books and turn them into their club leader by August 31.** Treasurers should work with their club leader to get the additional signatures (five total) needed for the Illinois 4-H Club Annual Financial Statement found on pages 2-3 of the Treasurer Book – Leader Signature, Treasurer Signature, and THREE FISCAL REVIEW COMMITTEE SIGNATURES are required before submitting to the 4-H office. Secretaries should record minutes of virtual meetings, as well as in-person meetings. If you have not already started your records, the current Secretary & Treasurer books (links) can be found at <https://extension.illinois.edu/lms/4-h-club-resources-logan-menard-sangamon-counties>

4-H Records/Award App Check-In Date

4-H Records & award applications are due to the Extension Office **September 4**. Late applications will not be judged. You must have your records to your leader prior to that date so that they may turn them in by Sept. 4. Check with your leader for the date you need to turn them in!

4-H Records can be found on our website on the 4-H Records & Award Application Resources page (age as of 9/1/19), along with common questions, blank record forms, “fillable” record forms, and example record forms. Contact the 4-H office at 732-8289 if you have questions on how to complete 4-H records!

<https://go.illinois.edu/lmsrecords>

Ages 8 – 10 – “My 4-H Year Record Form”

Ages 11 – 13 – “4-H Member Record”

Ages 14 & older – “Illinois 4-H Award Application”

4-H Record Suggestions

Here are a few suggestions to help you on filling in your 4-H records:

- Write things down onto record form as you go. If you have given a talk or participated in an activity at the club meeting (event if ‘virtual meeting’), write it down on your record form that day.
- If you participate in a workshop or camp or other 4-H activity (even if ‘virtual’), again, get it written on your record form after you have participated.
- **DON'T SAVE ALL YOUR RECORD KEEPING FOR THE WEEK BEFORE RECORDS ARE DUE!**

Types of things which count as leadership: when you have been in charge of something, if you are team captain, when you have gotten up in front of people to present something (talks at 4-H club meeting, speaking at school events or other 4-H functions), planning, organizing and implementing a club activity, teaching a younger 4-H member or family member or being a mentor.

Things which count as participation: when you attend a program and are a participant, or if you are a “member” of a committee.

Call the 4-H Office (732-8289) and talk to Patty or Carissa if you have questions about where to put things on your records. We'll be glad to help!!

EDUCATOR CORNER – Carissa Davis

Strong Kids ~ Social Emotional Series (can be found at <https://www.facebook.com/LMS.4H/>)

What is **self-awareness**? It is the ability to identify our own feelings, as well as how our feelings and thoughts influence what we do.

Explore what is self-awareness with a video created by CASEL

<https://youtu.be/dZL2eZBe4Ew>

Conversation Starters

- What do you like to do to make yourself feel good about yourself?
- How do you think your friends would describe you?
- Tell me something you could teach someone else.
- Tell me about three people you care about.

Learning by Doing Exercises

- **Identify emotions** - Positive emotions are good for our minds and bodies. Making sure we have daily helpings of positive emotions is just as important as getting those daily helpings of nutritious vegetables and fruits. Practice positivity at <https://tinyurl.com/yau4m9ot>
- **Possess self-confidence** - Try something new for 30 days! Jump start your journey by linking into <https://tinyurl.com/y79wy2hs>
- **Recognize strengths** – What are common automatic, negative thoughts and thinking traps <https://youtu.be/m2zRA5zCA6M> Wellcast also offers a worksheet to help youth deal with automatic thoughts <https://tinyurl.com/ybl7zfk4>
- **Have an accurate self-perception** - Draw a map of your connections! There are many layers of people we care about and many generations of people who care about us. This map will help you visualize the meaningful connections in your life. Further instructions can be found at <https://tinyurl.com/y8687hb7>
- **Demonstrate self-efficacy** - Start a reflective writing journal to express emotions that may be difficult to share verbally. Writing prompts could include:
 - When was I at my best and worst today?
 - What can I learn from my mistakes today?
 - If I wrote the words I need to hear most, what would they be?

Sources: <https://wabisabilearning.com>; <https://www.landmarkoutreach.org>; <https://kidshealth.org>; <https://inspiredstudents.org>; <http://actforyouth.net>

***Topics include self-management, social awareness, relationship skills and responsible decision making.



Fun 4-H Family Learning Challenge!



Have fun, find new hobbies, try new things, get some 4-H swag, and grow closer as a family in this work at your own pace challenge! Learn how to program a simple computer game, research your family history, bake some AMAZING bread, create a business plan, give back to the community, and so much more! Plus, if you complete all the challenges by the end of July, you will receive an AWESOME 4-H Swag Bag (while supplies last!) sponsored by the State 4-H Office and the Illinois 4-H

Foundation! So what are you waiting for? Sign up, share with your friends, and let's have some fun!! SIGN-UP AT: go.illinois.edu/FamilyChallenge

Are you a 4-H Alumni?

We want to stay connected to you! The Illinois 4-H Alumni Association is building a network of 4-H alumni to join the alumni association. Sign up today for your free membership: <https://go.illinois.edu/4halum>

Follow the Illinois 4-H Alumni Association on Social Media.

- Linked In: <https://go.illinois.edu/LinkedIn4HALumni>
- Facebook: <https://www.facebook.com/groups/il4halumni/>
- Twitter: <https://twitter.com/IL4halumni>
- Instagram: <https://www.instagram.com/il4halumni/>



Do you have news or life changes to share? Moved - New Address? Did you get a new job? Married? Promotion? New Baby? A recent death of a 4-H alum? We would love to hear your updates and stay connected! <https://go.illinois.edu/4HALumniNews>

Calendar of Events & Activities

(All events and activities are held at the Logan Extension Office unless otherwise noted)
(If you need a reasonable accommodation to participate in advertised programs, please contact U of I Extension, 732-8289)

- July 10 – LOGAN 4-H VIRTUAL ENTRIES OPEN @ NOON
- **July 24 – LOGAN 4-H VIRTUAL ENTRIES CLOSE @ NOON** – all entry materials due to be uploaded
- August 12 – Results from Virtual Shows to be shared (tentative)
- August 31 – Secretary & Treasurer Books due to club leaders
- September 1 – New 4-H Year begins
- September 4 – 4-H Records/Award Application Check-In Day