



Coles Counthy

Newsletter

Keeping You Informed

October 2023

NATIONAL 4-H WEEK

October 1-7



National 4-H Spirit Week

October 1 - 7, 2023

- **Service Project Sunday** – Give back to your community today with an individual or club service project.
- **Member Monday** – Show that you are a proud 4-H member! Post a picture of yourself in your 4-H shirt with five reasons why you love 4-H.
- **Time Machine Tuesday** – Share a picture of you at the start of your 4-H career vs. now.
- **Why 4-H Wednesday** – Share why someone should join 4-H either in person or on social media/stories.
- **Thankful Thursday** – Thank someone who supported you in 4-H!
- **Favorite Project Friday** – Share a picture of you with your favorite 4-H project.
- **Spirit Saturday** – Show your 4-H spirit! Wear your favorite 4-H shirt today!

Tag @ColesCounty4-H on your Facebook for others to see your 4-H Pride!



University of Illinois Extension Staff

Coles County

809 Broadway Ave
Mattoon, IL 61938

Jessie McClusky
County Director

Serving Coles, Cumberland, Douglas, Moultrie, and Shelby Counties.

217-543-3755

mcclusk2@illinois.edu

Jessica Hays
4-H Youth Development Program Coordinator
Serving Coles County

217-345-7034

jnhays@illinois.edu

Macey Malone
Office Support
Serving Coles County

217-345-7034

mvmacey@illinois.edu

Find other Extension program areas at
<https://extension.illinois.edu/ccdms/staff>

- Family Life
- Horticulture, Natural Resources
- Illinois Nutrition Education Programs



Illinois Extension

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Calendar

October

- 1 - 7 - National 4-H Week
- 1 - Communication Workshop, 2 pm *RR,
- 13 - FarmBot Harvest
- 16 - RSVP Achievement Night
- 27 - Trunk or Treat, Mattoon, 5-8 pm

November

- 6 - Achievement Night,
Location: Broadway Christian Church
Mattoon, 6:30 pm
- 11 - Public Speaking Workshop. 10 am, *RR
- 15 - Deadline: Awsome Autumn Photo
Contest
- 23 & 24 - Happy Thanksgiving - EO Closed

December

- 2 - Winter Craft Workshop (Visual Arts)
Hosted by Federation Club
- 13 - Deadline 4-H Re-enrollment
(for Incentive)
- 22 - 31 - HAPPY HOLIDAYS - EO Closed

EO -Extension Office *RR= Registration Required

4-H T-shirt Design Contest

Designs must include:

- 4-H Clover
- Include county names: Coles County
- Designs may be computer-generated or hand-drawn
- Designs can include up to two colors (the 4-H Clover can be green, white, black, or gold)



for youth
8-18

Submit your design entries by
November 1 to Jess at
jnhays@illinois.edu

2023-2024 4-H Calendar

Did you know we have a 4-H year-at-a-glance calendar? Check it out by going to

<https://extension.illinois.edu/ccdms/4-h-coles-county>

Find the calendar under the New 4-H Year Tab at the bottom of the site.

Disclaimer: Information Subject to Change



HEAD



HEART



HANDS



HEALTH

Achievement Night 2023

Monday, November 6
6:30 p.m.

Broadway Christian Church, Mattoon

RSVP By 10/16/2023

https://go.illinois.edu/AchievementNight2023_

**SAVE
THE DATE**



Bring a new book to donate to
One Stop Community Christmas!
County (C)

Stay in the Know



Follow us on Facebook:

@ColesCounty4H

@UniversityOfIllinoisExtensionUnit19

Follow Illinois 4-H on Facebook:

@Illinois4H



Where to find Information

- Facebook Page - [@ColesCounty4H](#)
Remember to check out the events section.
- Your Email- All 4-H members' emails will be sent to the household email address parents entered on ZSuite.
- ZSuite Calendar- (4-H Families only) Go to <https://4h.zsuite.org/> and log in. The calendar tab is on the side menu to the left.
- ZSuite Newsletters - (4-H Families only) Go to <https://4h.zsuite.org/> and log in. The Newsletter tab is on the side menu to the left.
- Coles 4-H Website - <https://extension.illinois.edu/ccdms/4-h-coles-county> tabs are found at the bottom of the screen when you scroll down.
- 4-H Member Box File: (4-H Families only) No account is needed.

SPIN Club



Shooting Sports: Air Rifle

Meeting at 9:00 a.m.

- Oct. 14
- Nov. 11

Shooting Sports: Archery

Meeting at 1:30 p.m.

- Oct. 22



All Things PAW-sitive

Meeting Spring 2024

Contact the Extension Office at 217-345-7034 to get involved in a SPIN Club!



4-H Member Box File

Find all your 4-H member resources in our shared Box File..

Resources Included

- 4-H Member Record Information
- Scholarships information
- Fair Information Sheets
- More

IMPORTANT!

<https://go.illinois.edu/4-HMembersBoxFile>

This Box link requires no account.



ZSuite

4-H Online is currently down for updates. We will open for re-enrollment in October. Enrollment updates will be emailed and posted on our Facebook page.

SAVE!
THE DATE

ZSuite Enrollment Night

Tuesday, October 10
@ Elevate, 5:30 p.m.

More information soon!

ZSuite Help Hour

6:00 p.m. – 7:00 p.m.

Monday, October 23
Monday, October 30

The Zoom Link will be sent out to all members by email.

Awesome Autumn Photography Contest

Sept. 15-Nov. 15



Open to 4-H members in Coles, Cumberland, Douglas, Moultrie, and Shelby Counties



3 Age Divisions
(Age as of 9/1/23)
5-7
8-13
14-18

2 Categories:

- Fun in the Fall
- Autumn Beauty

Pictures must be taken by 4-H member.

Cash Prizes for each division!

Non-4-H members in the photographs must have a photo release submitted with the entry.

DJ's Custom Framing, Shelbyville, will frame the overall Grand Prize winner.

4-H'ers may submit one entry in each category. The entries will be reviewed & critiqued by a photography judge. Email entries to Yolanda at nation2@illinois.edu

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Coming Soon

Communication

For Youth
age 8-18

Sunday, October 1, 2023
2:00 p.m. - 4:00 p.m.
Coles Extension Office
Registration Required

4-H Members
\$ 5
Non Members
\$ 8

**Must have a minimum of
5 participants registered
for workshop.

County (C)

Public Speaking

For Youth
age 8-18

Saturday, November 11, 2023
10:00 a.m. - Noon
Coles Extension Office
Registration Required

4-H Members
\$ 5
Non Members
\$ 8

Register by 10/30/2023

Register at:

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

County (C)



Winter Craft Day

Register by 11/20/2023
County (C)

Saturday, December 2, 2023
10:30 a.m. - Noon
4-H Center
Registration Required

For Youth
age TBD

4-H Members
\$ TBD
Non Members
\$ TBD



Health: First Aid

Register by 1/1/2024
County (C)

Saturday, January 13, 2024
10:30 a.m. - Noon
4-H Center
Registration Required

For Youth
age 8-18

4-H Members
\$ 8
Non Members
\$ 11



Health: Youth CPR

Saturday, May 18, 2024
10:00 a.m. - 11:30 a.m.
4-H Center
Registration Required

4-H Members
\$ 5
Non Members
\$ 8

For Youth
age 8-18

Register by 5/1/2024 County (C)

All workshops are for 4-H
members and non members.



If you have questions call
217-345-7034.

Record Keeping
Club (L)
County (C)
Multi-County (M)
Regional (R)
State (S)
National (N)

**All workshops must have a
minimum of 5 participants registered.

University of Illinois * US Department of Agriculture * Local Extension Councils Cooperating College of Agricultural,
Consumers, and Environmental Sciences

University of Illinois Extension provides equal opportunities in programs and employment. If you need reasonable
accommodation to participate in this program, please contact your local Extension Office. Early requests are strongly
encouraged to allow sufficient time for meeting your access needs.

Record Corner



1.) go to <https://go.illinois.edu/4-HMembersBoxFile>

This Box link requires no account.

2.) Go to the folder named *Member Record*

3.) Select the year *2023-2024*

Items you will find:

- Record List - list of events, workshops, and more
- Helpful Resources (Coming Soon)
- Livestock Records
- Member Record Book (Coming Soon)

What has your 4-H Program Coordinator been up to? Key highlights

Program Coordination & Development

- Walk in My Shoes (school program)
- Welcome to the Real World (school program)
- Etiquette (school program)
- Prepare for the Communication Workshop
- Prepare for the Public Speaking Workshop
- Begin planning of FarmBot Harvest
- 4-H Year End Reporting
- ZSuite Prep
- Began NRA Grant process

Volunteer Recruitment/Training/ Development

- 4-H Leader Meeting
- Onboarding new Volunteer Leaders
- Finalized & Launching Volunteer Campaign

Marketing & Networking

- Cloverbud Facebook Group
- National 4-H Week posts
- 4-H Workshop Flyers
- Flyer Promotions in School

Professional Development

- Monthly Staff Meeting
- Fall All Team Meeting
- Weekly Unit 4-H Program Coordinator Meeting
- Served on hiring committee



Illinois 4-H Newsletter

Check out September State Events at

<https://emails.illinois.edu/newsletter/06/23587606.html>



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