



Coles County

Newsletter

Keeping You Informed

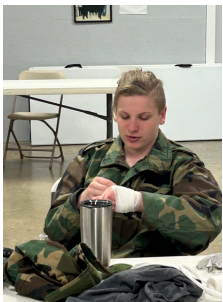
February 2024



Check this out: First Aid Workshop

Our 4-H Health: First Aid Workshop was a success! Youth participated in hands-on learning of basic first aid skills such as proper protection gear, wound cleaning and dressing procedures, and aftercare clean-up.

Lucas Ruholl, an EMT-Paramedic and EMS Instructor with Sarah Bush Lincoln, led this workshop as a 4-H volunteer workshop leader. During this workshop, the youth made a simple first aid kit.



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Find other Extension program areas at

<https://extension.illinois.edu/ccdms/staff>

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



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Calendar

February

- 3 - Beef weigh-in 8 am- 9 am *FG
- 5 - FarmBot Planting & Technology Team Meeting

March

- 1 - Deadline Enrolled in ZSuite (Project Add/Drop)- (to exhibit at the 4-H Fair)
- 1 - Southern Region 4-H Showcase Registration Opens

April

- 1 - FairEntry Open (Tentative Date)
- 6 - 4-H Pork Chop BBQ
- 9 - County Public Speaking Contest (Mo-Do, Coles, & Cumberland)
- 27 - Goat Check-in, 8 am- 9 am, FG
- 27 - IL State Public Speaking Contest

EO -Extension Office *RR= Registration Required
FG - Fairgrounds

FarmBot

Coles County 4-H & Elevate FarmBot Program had a successful fourth harvest! Youth from the FarmBot Harvest team came together on January 11, 2024, at the FarmBot Harvest and Activity Day hosted by Coles County 4-H, the Supplemental Nutrition Assistance Program (SNAP)- Education, and Elevate. The FarmBot Program provides youth with a hands-on learning experience with food access, food safety, and food production as youth harvest plants and make products for consumption. Youth harvested basil planted in late fall and made Pesto with 4-H Program Coordinator, Jessica Hays, and engaged in a learning opportunity with an Eat Move.Save, both hosted by SNAP-ED worker, Ross Osterday.



 CHECK IT OUT

HELP!



Help Wanted

We need someone who would be willing to volunteer their time to help measure the 4-H Pop Stand for walls



We are looking for Individuals interested in volunteering with our Shooting Sports Clubs. We seek anyone interested in Outdoor Skills, Air Rifle, Archery, Shot Gun, or Coordinator.

Volunteer Requirements: Must be 21 or older and complete Shooting Sports Volunteer training. Contact Office for Volunteer Role Description.



If you are interested in any of the above volunteer opportunities, please contact Jessica at JNHays@illinois.edu or call the Extension office at 217-345-7034.



Southern Region 4-H Showcase

at DuQuoin State Fair

General Projects Show

Saturday, Aug 17

(Maximum of 3 entries per participant)

Livestock Shows

Friday and Saturday,
Aug 23 and 24

(Maximum of 1 livestock animal per class.)



Registration opens
March 1.



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College of Agricultural, Consumer & Environmental Sciences
University of Illinois Extension*USDA*Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.

For reasonable accommodations to participate in this program, call 618-526-4551.



SPIN Club



Check the Shooting Sports Facebook Page for updates.

Shooting Sports: Air Rifle
Meeting at 9:00 a.m.

- TBD

Shooting Sports: Archery
Meeting at 1:30 p.m.

- February 25

Weather Permitting

Watch the Shooting Sports Facebook Page for Updates.



All Things PAW-sitive

Meeting at 6:00 p.m.

- February 15
- March 14
- April TBD
- May 16

Let us know you are coming by registering at

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

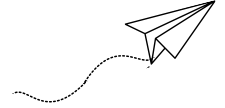
Registration closes 2/12/24

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



Become a 4-H Volunteer!

Sign up or learn more about being a volunteer at



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

or call the Extension office at 217-345-7034

Coles County Extension Website



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

What you will find:

- How to Join 4-H
- New to 4-H Member Information
- 4-H Year Calendar
- County 4-H Newsletters
- 4-H Fair Information
- & More



Road Trip: College & Career Day

March 9, 2024

Conference location: Illini Union, 1401 W Green St, Urbana, IL

Open to: 8th-12th grade youth.

Cost: \$35 (Registration fee covers lunch, conference supplies, and activities)

Register at go.illinois.edu/RoadTrip2024

Registration closes 2/9/24

Public Speaking Contest

Date: March 9, 2024
Time: 9:00 am

For Youth 8 to 18 exhibiting in Public Speaking

Register at

<https://go.illinois.edu/PublicSpeaking2024> Multi-County

Registration closes 2/9/24



Calling all Seniors: Scholarship Opportunities

- [Elgin and Genevieve Daily Scholarship](#) - \$400
- [Thomas M. Frazier Memorial Scholarship](#)

CLASS
OF
2023

Go to <https://extension.illinois.edu/ccdms/4-h-coles-county>
for applications.



DUE:

March 31, 2024.

Submitted Applications to Coles County Extension Foundation by
mail at 809 Broadway Ave, Mattoon, by March 31, 2024.

NEED MORE BBQ SPICE?

Stop by the Coles
Extension Office to pick
up a bottle today!

**\$12
each**



Proceeds support the
Coles Federation 4-H Club

ZSUITE

Enrollment is Open!

Go to <https://go.illinois.edu/ZSuiteEnrollmentInfo>
to learn more about Enrolling in 4-H today!

**4-H is for youth ages 5- 18
as of September 1, 2023**

**Enroll by
March 1, 2024**

4-H Project Book Orders

4-H project book order two will be emailed on
January 19, 2024. You **must** be enrolled on
ZSuite to receive the email. Order Deadline:
February 19, 2024

Please ensure you add your 4-H projects to
your project list in ZSuite. This can be found
under the club section.

Record Corner



January 2024 Events

- FarmBot Harvest & Activity Day -
County (C) 1/11/24
- First Aid Workshop - County (C) 1/13/24
- Multi-County Skate Party - Multi-
County (M) 1/28/24

Don't forget to update your records

Workshops & Events

Check
it
Out

FarmBot Planting & Technology Team Day

Monday, February 5, 2024
3:30 p.m. - 4:30 p.m.
Cross County Mall

Feel free to come watch
the team work and learn
more about FarmBot!

Free

For Youth
age 8-18



SAVE
-THE-
DATE-

4-H BBQ

Saturday, April 6, 2024
11:00 a.m. - 6:00 p.m.
4-H Center

County (C)

More
information
coming soon!

THANK YOU!
Volunteers

Charleston Food Forest Tour & Garden Day

Free

County (C)

April 2024 (TBD)
10:00 a.m. - 11:00 a.m.
825 18th Street, Charleston, IL

Registration open soon!

Check out their Website:

<https://www.cultivatedwithcare.org/welcome>

For Youth
age 5-18

Youth 5 to 7 must have an
adult accompany them.

Health: Youth CPR

SAVE
-THE-
DATE-

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

4-H Members \$ 8

Non Members \$ 11

For Youth
age 8-18

County (C)

YQCA

In-Person Training

Saturday, March 23, 2024
10:00 a.m. - 11:30 a.m.

or

Tuesday, March 26, 2024

6:00 p.m. - 7:30 p.m.

Coles Extension Office

Both located at Coles Extension Office.

Register at:

<https://yqcaprogram.org/>

4-H Members
age 8-18

County (C)

In-person

\$3

Online

\$12

Youth exhibiting in
beef, dairy, goats,
sheep, and swine.

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



If you have questions, call
217-345-7034.

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

Record Keeping

Club (L)

County (C)

Multi-County (M)

Regional (R)

State (S)

National (N)

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.

Illinois 4-H Camp

Website:

<https://4h.extension.illinois.edu/event/4-h-memorial-camp>

Employment Opportunities

<https://4h.extension.illinois.edu/events/4-h-memorial-camp/employment-opportunities>

Registration begins:

- 4-H Members - Monday, January 22, 2024.
- Non-Members- Monday, February 5, 2024.

Fees:

- \$340 4-H Member
- \$375 Non 4-H Member

Dates:

- June 2-6
- June 9 – 13
- June 16-20
- June 30 – July 4

Go to <https://extension.illinois.edu/ccdms/4-h-coles-county> for scholarship applications.

Check
this
out



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

Key highlights

Program Coordination & Development

- Approved members & volunteers in ZSuite
- 4-H Fair Planning with Livestock Superintendents
- 4-H BBQ Planning Meeting
- Planning of Multi-County Horse Show
- Multi-County Skate Party
- Beef Weigh-in
- FarmBot Harvest & Activity Day
- Dog SPIN Club
- Planning of Public Speaking Contest

Volunteer Recruitment/Training/ Development

- Training & club planning with new Cloverbud SPIN club Leader .
- Onboarding of 2nd SPIN club Leader
- Meet with new STEM partner/volunteer
- New Volunteer Training ZSuite System.
- Update volunteer Paperwork & Log

Marketing & Networking

- 4-H Workshop Update in Registration System
- Manage County Facebook Page & Check in on club page/ groups.
- FarmBot promotional flyers
- Shooting Sports Coordinator.
- Coles 4-H website update

Professional Development

- Monthly Staff Meeting
- Weekly Unit 4-H Program Coordinator Meeting
- H.E.A.L.E.R. Training
- Serving on Extension Workgroup: 4-H Program Resources
- Served on Coordinator Interview Committee

Local Extension Newsletter

Serving Coles, Cumberland, Douglas, Moultrie and Shelby Counties

https://go.illinois.edu/LocalExtensionNewsletter_February

Illinois 4-H Newsletter

Check out Illinois 4-H State Events at
https://go.illinois.edu/ILState4HNewsletter_February

Find Information About:

- All Things Camp
- College Road Trip
- Graphic Design Virtual SPIN Club
- Speaking for Illinois 4-H Training
- Save the date for Illini Summer Academies!
- Eclipse 4-H Camping Opportunity!
- & More



Check
it
Out



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