

## WHAT'S INSIDE

Big News .....	page 2
Recognition .....	page 2
Window Displays.....	page 3
Scholarship Info .....	page 3
Clover Clinic .....	page 3
Livestock Info .....	page 4
ZSuite Enrollment .....	page 4
Show Book Cover Contest.....	page 4
New Project Spotlights .....	page 5
4-H Project Manuals .....	page 5
Volunteer Info.....	page 6
Something for your Fridge .....	page 7

## FULTON COUNTY 4-H

### Winter 2024-25 Newsletter

As 2024 ends, we reflect on what we are most thankful for; family, friends, 4-H, and you! Thank you to all our 4-H leaders, instructors, superintendents, judges, volunteers, and 4-H members.

We extend a heartfelt welcome to the new 4-H families who are joining us this year. We hope you find joy in this 4-H journey as you make new friends while exploring some fun and exciting projects!

We wish you an enjoyable holiday season with those you care about most.

[Krista Gray](#)

[Rachel Van Cleve](#)

Fulton 4-H Program Coordinators

*Your questions and calls are especially important to us. We can be reached any of the following ways during regular business hours (8am-12pm & 1-4:30pm M-F):*

Office phone:	309-547-3711
Email Krista:	<a href="mailto:kristakg@illinois.edu">kristakg@illinois.edu</a>
Email Rachel:	<a href="mailto:rfv@illinois.edu">rfv@illinois.edu</a>
Teams phone Krista:	217-300-6714
Teams phone Rachel:	217-265-9819

*If you reach out to us using other communication tools, we will respond during our normal work hours. Thanks!*

#### Other ways to connect

Facebook:



Webpage:



**Illinois Extension**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

University of Illinois Extension  
Serving Fulton, Mason, Peoria & Tazewell Counties  
COLLEGE OF AGRICULTURAL, CONSUMER &  
ENVIRONMENTAL SCIENCES

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 attend, call the registration office. Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the US Department of Agriculture by the Director, Cooperative Extension Service, and University of Illinois.



## RECOGNITION

### I Dare You Award

This award is presented to older teens who exhibit leadership, citizenship, and good character.



This year's recipient is Mallory Kotewa of the Busy Bees 4-H Club in Lewistown. The recipient of this award receives a book and a National Leadership Award certificate. Congratulations to Mallory on achieving this honor!

Above: Mallory Kotewa  
Photo credit: Jamie Kotewa

### Achievement Awards / Volunteer Recognition Event

Thank you to everyone who attended our awards program and ice cream social at the Donaldson Center in Canton on October 20. Fifty-five 4-H members were honored for their accomplishments for the 2023-2024 4-H year. Volunteers recognized for milestone years of service included Scott and Melanie Patterson, LeeRoy Knuppel, and Velynna Spangler. Wendy Johnson, Ellie Nolan, and Lisa Miller retired this year and were presented with a special gift of thanks for their dedication to Fulton County 4-H.

## BIG NEWS

**Congratulations** to Fulton 4-H Program Coordinator, Rachel, and her husband Dakota, as they welcomed a new daughter on October 28! Hope Rae was born at 11:38 am, weighing in at 7 lbs, 3 oz. The family of four is doing well and Rachel reports that Willow is the best big sister. Congratulations to the Van Cleve family!



*Hope Rae Van Cleve, daughter of Rachel & Dakota Van Cleve*

### Thank you notes

If you received an award of any type at the annual Achievement Program, **PLEASE** make sure to send the donor of your award the thank you card that was included in your packet. Without the generosity of these donors, we would not be able to continue with the nice awards, trophies, stainless-steel tumblers, and t-shirts the Achievement members receive. Please take a few moments and write your donor a note to show them your appreciation of what you received. A little thoughtfulness and appreciation means a lot to these kind donors.





## WINDOW DISPLAYS

National 4-H Week was observed October 6 - 12 and four of our county's 4-H clubs created colorful window displays inviting youth to 4-H. Our 4-county unit theme this year is "There's no place like 4-H!" The Smithfield Up and Coming 4-H Club won first place with their window display at Jule's Ice Cream & Coffee in Cuba. Second place was awarded to the Busy Bees 4-H Club with their display at MidAmerica National Bank in Lewistown. The Jolly Workers 4-H Club created a poster display at Lewistown Central School and the Pleasant Spacemakers assembled an eye-catching window display at the Community Medical Clinic in Astoria. Congratulations to all four clubs for taking the time to promote 4-H in their communities!

## SCHOLARSHIPS

Are you graduating from high school this year? If so, scholarships in various amounts will be awarded to county 4-H members at his or her graduation or awards program. For each scholarship, the recipient must be a current Fulton County 4-H member and must **actively** participate in 4-H events. Preference given to 4-Hers who were achievement members of the previous 4-H year. The application will include a place for the 4-H member to list accomplishments and career goals. Family financial information is not required. **SCHOLARSHIP DEADLINE is April 1, 2025.** The scholarships will be given to seniors in high school; therefore, individuals can only receive these scholarships once. To receive a 4-H Scholarship application, contact the Fulton County Extension Office at 547-3711, or email [kristakg@illinois.edu](mailto:kristakg@illinois.edu).

## LOCAL 4-H EVENTS

### Unit Workshops

Please watch for upcoming workshops that will be scheduled in Fulton County during the winter and early spring. You are encouraged to check out and participate in the workshops offered in our four-county unit. You may find this information on our unit website <https://extension.illinois.edu/fmpt/events>, our public Facebook page <https://www.facebook.com/profile.php?id=61564618453759>, and **4-H Happenings, serving Fulton, Mason, Peoria, and Tazewell Counties** email <https://emails.illinois.edu/newsletter/93/158827493.html>.

## Clover Clinic 2025

Again, this year, Fulton 4-H will join Mason, Peoria, and Tazewell counties for a project workshop day called Clover Clinic. Please reserve Saturday, February 15, 2025, on your calendar and make plans to spend the day with knowledgeable Clover Clinic presenters at Illinois Central College in East Peoria. Youth will register to participate in up to four different hands-on workshops throughout the day. Clover Clinic is for **all** youth ages 8 and up, so please invite your friends, even if they are not a 4-H member! More information about Clover Clinic may be found on the back cover of this newsletter, our Facebook page, and the Events page of ZSuite. Registration is open from December 9 until January 13. Please join us for this fun-filled day!



*Above left: Busy Bees at MidAmerica National Bank*

*Above right: Jolly Workers at Lewistown Central School*

*Below left: Pleasant Spacemakers at the Community Medical Clinic in Astoria*

*Below right: Smithfield Up & Coming at Jule's in Cuba*

*Thank you for participating in the poster contest and helping to spread awareness about 4-H in Fulton County!*





## LIVESTOCK

### Livestock Project Enrollment Deadline

If you are planning to exhibit a livestock project this year at the summer 4-H shows, the deadline for adding the project in ZSuite is **Friday, January 3, 2025**. Livestock ownership dates, which are different, will be announced later in December.

### Beef Weigh In

All beef project members will receive a letter in the mail after the January 3, 2025, project enrollment deadline regarding the beef weigh in. **The weigh-in is Saturday, February 8, 2025, from 8 to 10 am at the Fairview Sale Barn in Fairview.** Please mark this date on your calendar as this will be the only steer weigh-in this year in Fulton County.

### QAEC -

4-H members enrolled in cat, dog, horse, poultry, and rabbit projects must take the **Quality Assurance and Ethics Certification (QAEC)** training in order to participate in the projects and exhibit these project areas at a 4-H fair or show. The training only needs to be completed once in a youth's lifetime. It can be completed in the ZSuite system, which can be accessed at <https://4h.zsuite.org>. Youth must have a ZSuite account and be enrolled in 4-H to take the training. The training is found in the tab called "Clover Academy". Please contact your leader or our office if you have any questions or need help accessing this information.

## BITS & PIECES

### ZSuite Enrollment –

Enrollment continues in ZSuite, <https://4h.zsuite.org> for the 2024-2025 4-H year through May 1, 2025. 4-H members must re-enroll each year to stay active in 4-H. The annual program fee is \$20 and may be paid through ZSuite via credit card, or at the Extension office if you prefer to pay with cash or check. Program fee waivers are also available as no one is ever denied membership if unable to pay the annual program fee. Please keep inviting new members to join 4-H!

### 4-H Show Book Cover Contest

Again this 4-H year, we will be accepting artwork submissions for the Fulton County 4-H Show Book. Even though the Show Book will not come out until the Spring of 2025, now is a wonderful time to start those creative juices flowing! Use your imagination! You may sketch, paint, make a photo collage, create something on the computer; the ideas are endless! Please consider participating; in addition to bragging rights, your name and photo will be included on the inside cover. We will also be awarding prizes for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place. Entries are due in our office by **Friday, February 28, 2025**.

### Visual Arts supplies

Fulton County 4-H is fortunate to have volunteers and organizations support our program. One of our partner organizations is Fulton County HEA. Not only does this organization generously supply funds to purchase awards, plaques, and gifts that the 4-H members receive during the Achievement Awards program, they have purchased art supplies for 4-H members to use as they create their Visual Arts projects. If you would like to stop by the University of Illinois Extension office in Lewistown to see what is available for use, please call or email one of us. More supplies will be added throughout the year. Thank you, Fulton County HEA members!

### Club Photos needed!

Please send us your pictures of your club activities and holiday meetings! We enjoy seeing what is going on in Fulton 4-H! Please send us pictures of parades, community service activities, and recreational events your club participates in. Be sure to let us know who to credit for your club's pictures.



Photo credit: Dakota Lehman-Martin



## **New Project Spotlights**

This year, Illinois 4-H added or revised 20 projects. Please look in the 2024 “Find Your Spark” Illinois 4-H Project Guide that you received earlier this Fall at your club meeting. You may also find the information online at <https://4h.extension.illinois.edu/ways-participate/projects>. We do have some guides available at the Extension office if your club leader is out of them. Here are some of the new projects:

### **Global Gourmet**

Explore the world from your kitchen! Try making meals from Mexico, Africa, Japan, India, Italy, Greece, and Germany. You will also learn about food history, customs, and nutrition as you learn to better understand our world.

### **Kitchen Boss**

Kitchen Boss is designed for advanced-level youth interested in developing cooking skills at home or exploring cooking as a profession. With focus on the culinary approach, learners try new cooking methods, become familiar with kitchen tools and equipment, and experiment with ingredients and flavors.

### **Science Fun with Dairy Foods: The Case of the Missing Milk!**

This project is designed for beginning-level youth interested in food science. In this project, your kitchen will become a laboratory as you observe and experiment with dairy products. As a member of the Dairy Police Task Force, you will learn the science behind butter, cheese, and curds while solving the mystery of The Missing Milk.

### **Science Fun with Kitchen Chemistry**

Join the Terrestrial Alien Defense Academy and figure out how to outsmart the aliens by doing experiments in your kitchen. Learn about what matter is and how it changes form; explore the different properties of matter; find out about acids and bases; and discover how everyday items and kitchen ingredients can be used in fantastic tests! Designed for beginners but appropriate for all levels.

### **Everyday Food and Fitness**

Learn how to prepare healthy and hearty snacks using

MyPlate as a guide and discover how powerful healthy food can be for your body and mind. This project shows you how to add exercise to a healthy diet and find a path to a better quality of life.

### **Babysitting**

Learn about the ages and stages of child growth and development, safety, food and nutrition, how to handle emergencies, appropriate activities to implement with children, and the business of babysitting.

### **Costume Design**

Use creativity, along with sewing and construction skills, to design and create costumes for yourself, or others.

### **Clothing Embellishment**

Decorate or modify your clothing and clothing accessories using embellishment methods like dyeing, painting, embroidery, beading, distressing, and more.

### **Food Science Award**

If you are interested in Food Science, there may be more than just a 4-H premium available! This year, the Chicagoland Food Science Foundation is providing a \$50 Amazon gift card for the overall Food Science winner in each Illinois county. Be sure to enroll and sign up to exhibit a Food Science project for your chance to win! Eligible projects include Food Science 1, 2, 3, & 4, Science Fun with Dairy Foods, and Science Fun with Kitchen Chemistry found on page 17 in the “Find Your Spark” project guide.

## **4-H Project Manuals**

If you need any 4-H project manuals, please complete a request at [go.illinois.edu/FMPTPubs](https://go.illinois.edu/FMPTPubs). Once your request is filled, you will receive an email to pick up the order at the Extension office. If you prefer to have your club leader give them to you at your 4-H meeting, please let us know. This request system will automatically email you any free, downloadable project resources when you select those items through the site. If you have not heard from our office within a few days of requesting project books, please contact us via email or by calling the office.



# VOLUNTEER INFORMATION

## Officer and Leader Training

Are you a club officer? Would you like to be? Learn to be the leader your club needs at the Club Leader and Officer Training! All adult club leaders and youth officers (and those interested in becoming a leader or officer) are invited to join us in the Tazewell County office on January 25 from 9am—12pm! Get tips and tricks about your position! Learn from other clubs! Take home new activities, fresh ideas, and great games! Snacks will be provided. Register by January 18 through Zsuite. This training will be held in person at the Extension Office, Tazewell Branch, located at 1505 Valle Vista Blvd. in Pekin.

## Insurance Coverage Statement

### Liability Insurance:

The University of Illinois has liability coverage for screened and enrolled adult 4-H volunteers at 4-H activities and programs.

### Accident Insurance:

Through the 4-H program fee paid by members, accident insurance coverage is provided for **enrolled** 4-H members, for accidents at 4-H club meetings or county events which are Extension-sponsored and supervised.

## Volunteer Continuing Education

This year all screened volunteers are required to complete three hours of 4-H related continuing education that will be tracked in Z-Suite. There are several upcoming opportunities to help you complete some or all those hours:

- \* **December 12 @ 7-8:15pm - Thriving Youth, Thriving Clubs Volunteer Training: Developmental Relationships (webinar via Zoom)**
- \* **January 14 @ 7-8:15pm - Thriving Youth, Thriving Clubs Volunteer Training: Belonging & Program Quality (webinar via Zoom)**
- \* **January 25 @ 9am-Noon - Club Leader and Officer Training (In-person, Tazewell Office)**

All continuing education options listed above require a registration that can be found on the events tab of Z-Suite. All these opportunities are free. Please contact us with any questions; we want to help.

## Report Your Service Efforts

We hope you will join 4-H as ***we pledge our hands to larger service!*** Share your time, talents, and resources, and continue to “make the best better” in 4-H. We ask that all 4-H members, families, and clubs register all service outreach efforts they have conducted or plan to conduct that demonstrate their support of their communities. This registration form provides a spot to identify if planned service experiences were or will be conducted as a 4-H club, a 4-H family, or an individual 4-H member service project. [4h.extension.illinois.edu/participate/community-service-report](https://4h.extension.illinois.edu/participate/community-service-report)



## IMPORTANT 4-H DATES

Put this page on your fridge so you don't miss a thing!

### December

- 9 Clover Clinic registration opens
- 23-31 Extension offices closed for the holidays

### January

- 1 Extension offices closed for New Year holiday
- 3 Livestock project enrollment deadline in ZSuite
- 13 Clover Clinic registration closes
- 20 Extension offices closed for Martin Luther King, Jr. Day
- 25 Officer and Leader Training – Tazewell County office

### February

- 8 Steer weigh-in/tattooing, 8 – 10 am, at Fairview Sale Barn
- 15 Clover Clinic – Illinois Central College (pre-registration required)
- 17 Livestock Day – Raber's Packing Co. – Peoria

### March

- 3 Public Speaking/Performing Arts entries close on Fair Entry/Zsuite
- TBA Public Speaking/Performing Arts Show

### April

- 1 Fulton Co 4-H scholarship applications due
- TBA Fulton Co 4-H Shooting Sports spring session begins

### May

- 1 General project enrollment deadline on Zsuite
- 1 Fair Entry opens
- 1 Horse Ownership/Lease papers due
- 1 YQCA certificates due

### June

- 2 Fair entry closes for ALL PROJECTS (Livestock, Pet, General Show)
- 11 Pet Show at Extension office
- 21 General Show, 12pm, at Cuba High School
- 27 State Fair Livestock registrations due in the office

### July

- 12 The 4-H Official Horse & Pony Show (no back-up date)
- 21 Fulton & 4-H Dog Show, 9:30am, at Fulton Co Fair
- 21-26 Fulton County Fair





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



University of Illinois Extension  
Serving Fulton, Mason, Peoria & Tazewell Counties  
Fulton County Office  
15411 N IL 100 Hwy  
Lewistown, IL 61542  
**Return service requested**

# CLOVER CLINIC IS COMING!

February 15, 2025

Illinois Central College, East Peoria



Registration opens Monday, December 9

[go.illinois.edu/4-HCloverClinic](http://go.illinois.edu/4-HCloverClinic) 8

