



Greetings 4-H Families,

Virtual 4-H Office Hours begin Friday, May 1 –Join us on Fridays from NOON to 1PM via ZOOM for virtual 4-H office hours throughout the month of May or until we return to regular office hours. Anyone can register to receive a ZOOM link to the open Q&A or chat forum: <https://web.extension.illinois.edu/registration/?RegistrationID=22222>

Federation meeting –via ZOOM on Monday, **April 27 at 6PM** – Please register to receive the link to the meeting in the confirmation: <https://web.extension.illinois.edu/registration/?RegistrationID=22038>

ZOOM Yoga Tuesdays at 4pm with Dana McNamara! Need to clear you mind and stretch your body after a full day of studying? Join Dana as she leads us virtually in Tuesday ZOOM Yoga. Open to all ages. Register to receive the ZOOM link to participate: <https://web.extension.illinois.edu/registration/?RegistrationID=22195>

“May Day” on Friday at 4pm with Miss Kelly! Kelly Sadowski will be presenting a program LIVE on ZOOM. This is part of the “I Think Green” virtual program in a series. Register to receive the ZOOM link to participate!
<https://web.extension.illinois.edu/registration/?RegistrationID=22194>

Calling all 4-H Alumni! – Check out the **Illinois 4-H Alumni** page: <https://4h.extension.illinois.edu/about/alumni> . Share your 4-H memories, join the 4-H Alumni Association, get 4-H Alumni news and more!

There is A LOT of 4-H information on the **Illinois 4-H Facebook** page! We do repost some, but for you complete access, follow the Illinois 4-H and Illinois 4-H Chick Embryology Facebook pages. Follow us on **Facebook @4HMcHenryCounty** (*Don't miss a post from McHenry County 4-H! Change your Facebook settings to receive no more than 5 posts a day.*)

SEE EVENT CANCELLATIONS BELOW:

- April 26 – Just Wing It Pollinators - ZOOM
- April 27 – Federation meeting - ZOOM
- April 28 – ZOOM – YOGA
- April 30 – Dog Registration DEADLINE *changed*
- April 30 – Shooting Sports Reg. DEADLINE *changed*
- **April 30 - Last day to enter projects in 4HOnline to be eligible to show at fair – Date changed**
- **May 1 – Fair entry opens**
- May 1 - 4-H “I Think Green” Day on ZOOM
- May 1 – Virtual 4-H Friday Office Hours begin 12pm
- May 9 – Virtual Regional Hippology Contest
- May 11 – MCYTT – Tech Team ZOOM meeting

All further event/activities are TENTATIVE

- **May 23 – Community Builders/MCFB Blood Drive**
- June – *Tentative* Dog, Shooting Sports, Cooking begin
- June 3 – Shooting Sports shot gun begins
- July 11 –Computer Tech judging
- July 18 - Dog show – *maybe postponed*
- July 24, 25 – Sewing, General project judging
- Aug 3 – Foods, Horticulture, Food decorating
- Aug 4-9 – McHenry County Fair

Please be sure to check the website for more information:

<https://extension.illinois.edu/lm/4-h-mchenry-county>

Follow us on Instagram:

https://www.instagram.com/mchenry_county_4h/

Follow us on Facebook @4HMcHenryCounty

(Get the latest, most up-to-date information from McHenry County 4-H by changing your Facebook settings to receive no more than 5 posts a day.)

4-H Staff

Dr. Michelle Cox, Unit 3 4-H Educator, mxc@illinois.edu
Michele Aavang, 4-H Program Coordinator, maavang@illinois.edu

****See Illinois 4-H Newsletter– APRIL News Shorts for more state news and STATE calendar**

LAST CALL ...

4HONLINE Project registration closes on April 30.

Please confirm you project enrollment in you 4HOnline account. If you are not sure, please contact your leader or email Michele with questions. Fair Entry will open on May 1. 4-H members will only be able to register for the projects enrolled in prior to April 30.



Proud to be #4HGROWN Class of 2020

Help us celebrate our McHenry County 4-H 2020 Graduates!

We will be featuring both High School & 8th grade graduates for the month of May! Please include: Name, Club, Graduate level, School graduating from, Photo (in cap & gown if possible), feature plans if High School graduate. Email Michele details maavang@illinois.edu or Facebook [@4HMcHenryCounty](https://www.facebook.com/4HMcHenryCounty)

“Hands to Larger Service”

For the month of April, we will be featuring 4-H Alumni, family members, volunteers and current 4-H members that are embracing the call to serve our community on our **Facebook** and **Instagram** pages. Include photo, name of club/s, years in 4-H or current 4-H connection, and how this person is an essential worker. Email Michele for details, maavang@illinois.edu.

See the latest social media features further in the newsletter.

“Just Wing It” Pollinators Club:

Meeting - APRIL 26 at 2:30 via ZOOM

Both NEW & RETURNING members are welcome. New to 4-H members should enroll in **4HOnline.com** to become a member of McHenry County 4-H. Contact Randy Mead if you are interested in joining the call Sunday: rmeadtoys@gmail.com

Dog and Shooting Sports registration due **April 30.**

More information can be found further in the newsletter.

Please send in any paperwork by email to maavang@illinois.edu or by mail to **University of Illinois Extension, P.O. box 1430, Woodstock, IL 60098.** All paperwork will be processed when we return to the office. If you would like to pay by credit card, use the links

further in this newsletter. If for some reason we can not continue with the programs, refunds will be issued.

NEW! McHenry County 4-H Youth Foundation Scholarship information

Attention all eligible 4-H members! If you are 17 or 18 year of age as of September 1, 2019 and in your last year or one year out of high school, you are eligible to apply for The McHenry County 4-H Youth Foundation Scholarship. The application can be accessed by clicking the following link. The complete application is due to the McHenry County Extension Office by June 1, 2020 to be considered for the scholarship. Please read complete instructions. *Copy may also be downloaded from the Extension website beginning Monday or email Michele for pdf copy if you have difficulty accessing the files.*

To access the application:

1. Click on https://docs.google.com/document/d/1Rinn-xH1_vQgwQPt_fD73LDd4e0Rxk25n-WhCRbYVG0/edit?usp=sharing
2. If you have a gmail and Google Drive: Click "File" Click "Make a Copy"
A new copy of the application will be created on your Google Drive that you will be able to begin editing by adding your information straight to the document.
3. If you do not have gmail: Click "File" Click "Download" Click "Microsoft Word"
This will save the document onto your computer where you will be able to add your information to the document.

When completing the application, you should only be adding information to answer the questions. Please **do not modify** the application format. If you have any questions please let us know. We look forward to receiving your applications. Good Luck!

4-H Club meetings – Virtual meetings are

HAPPENING! Contact me if you would like me to set up a ZOOM meeting using the University account to add some extra security for your club meeting. I am happy to “pop-in” to answer any questions or concerns you might have before handing the additional “Host” option benefits through the university’s paid subscription. Please contact your leader to see if this might be an option for your upcoming May meeting.

2020 4-H Fairbook now on the website:

https://extension.illinois.edu/sites/default/files/2020_4h_fairbook_final.pdf



Please see Fairbook posted on the website for more information about individual fair projects. Although the Fair book has tentatively been approved by the state office, it is still being edited for changes. **ALL DATES ARE TENTATIVE DUE TO THE IMPACT OF COVID-19.**

**Disclaimer- Please continue to check the website for the latest version of the 2020 4-H Fair book as updates will be made to certain sections. Any changes or errors in the rules and regulations will be posted online and will be the FINAL AUTHORITY. Therefore, any errors in this program book will not excuse failure to comply with current rules and regulations.*

Looking for Project resources:

If you have project resource books, now would be a great time to use them! Read through them, find some great ideas for projects, answer questions or puzzles, do experiments, try out recipes or creations and much more. If you do not already have manual(s), you may be able to find some of them online.

Check out the **Project selection guide** to find a link or the title of the project book:

https://extension.illinois.edu/sites/default/files/2019-20_project_selection_reference_price_guide_updated_december_2019.pdf

You may also purchase resources from **Shop 4-H Mall**: <https://shop4-h.org/>. They are running a sale up to 25% off through the month of April for your project needs!

We are working to put more resources together for you. Here are just a few to get you started...

Illinois 4-H Facebook page – Livestock videos

Illinois 4-H Chick Embryology:

- <https://uofi.box.com/s/g46tkod75lm3ickvd2h58w84vmmo8lgg>

Washington State University - Learning Links:

- <https://extension.wsu.edu/king/learning-links-4-h-and-more/>

Iowa 4-H Project Hot Sheets: 2-page pdf for just about every project you can download.

- *Hint: Illinois 4-H may be going to something like this soon! Let me know if you like them...*
- <https://store.extension.iastate.edu/Topic/4-H-Youth-Development/Project-Hot-Sheets?S=0&A=0&F=0>

Oregon 4-H videos:

- <https://www.youtube.com/channel/UC2KIS0TMhFgWmf74sgDzgNg>

Dog Training:

- **4-H Dog training:**

<https://www.youtube.com/playlist?list=PLCBDCD7B57BA95063>

- **Zak George Dog training videos:**

<https://www.youtube.com/channel/UCZzFRKsgVMhGTxffpzgTJIQ>

Extension Horses - Free online courses through mid-April:

- <https://www.extensionhorses.org/>

Vet School 101:

- <https://www.youtube.com/watch?v=J3GJQyrRPG8>

Sewing: <https://www.youtube.com/playlist?list=PLO-TOuC-MO2RqNVK5AhGVwXZuNb1TwDLD>

YQCA - In light of the recent COVID-19 pandemic, the YQCA Board is announcing a **25% flash sale** on the web based certification. Here is how to take advantage of this opportunity.

1. Only offered during the month of **April** (April 1 – April 30), YQCA will be offering a 25% discount on web-based trainings, making them **\$9**.
2. Those wishing to take part in the flash sale will need to purchase \$9 web-based training coupons from YQCA. Coupon order forms may be obtained by emailing sales@yqca.org. **THIS IS THE ONLY WAY TO RECEIVE THE DISCOUNTED PRICE.**
3. Once the order form and proof of payment is received, coupons will be issued and returned to the purchaser within 3-5 business days.
4. Coupons **MUST** be put towards a web-based training in the month of April.

HORSE SENSE: Horse Bowl & Hippology

Planning for **VIRTUAL REGIONAL HIPPOLOGY CONTEST** in May is underway!

HORSE SENSE is the study group that gathers to study for Horse Bowl and Hippology.

NEW to 4-H members are welcome to JOIN! **Contact Lisa Kunzie for more information:** lisa.kunzie13@gmail.com

4-H Dog Class registration:

Deadline: April 30, 2020

See the Dog Packet for information on:

Dog show requirements & Ethics requirements

Contact Dog program coordinator, Lisa Lillie for questions: lapdogs31@gmail.com.

Dog class registration:

<https://web.extension.illinois.edu/registration/?RegistrationID=21595>

Dog packet with required forms:

https://extension.illinois.edu/sites/default/files/dog_packet_2020.pdf



4-H Shooting Sports

REGISTRATION:

DEADLINE: April 30, 2020

1102 McConnell Rd. Woodstock

Please complete a SEPARATE registration for EACH 4-H Youth member enrolling in the Shooting Sports program. Members may register for more than one discipline.

Open to McHenry and Lake County Youth ages 8-18

Air Rifle - ages 8-18

Archery - ages 8-18

Shot Gun - ages 12-18

UPDATED LINK: Shooting Sports class registration and payment: <https://web.extension.illinois.edu/registration/?RegistrationID=21603>

Registration form:

https://extension.illinois.edu/sites/default/files/2020_shooting_sports_registration_form_mchenry.pdf

Health Form:

<https://4h.extension.illinois.edu/sites/4h.extension.illinois.edu/files/Health%20Emergency%20Medical%20Form.pdf>

Shooting Sports packet:

https://extension.illinois.edu/sites/default/files/2020_shooting_sports_handbook.pdf

Ambassador virtual meeting – via ZOOM

Please call or email Michele Aavang for questions.

maavang@illinois.edu

Federation virtual meeting –via ZOOM

April 27 ZOOM meeting registration:

<https://web.extension.illinois.edu/registration/?RegistrationID=22038>

Please call or email Michele Aavang for questions.

maavang@illinois.edu



4-H Communication:

REGISTER NOW TO RECEIVE INFORMATION FOR VIRTUAL JUDGING

Public Speaking & Horse Speaking Contest

Members must be enrolled in Communications: Public presentation OR Horse projects in **4HOnline**

One of the most important skills that 4-H members can learn is to speak in front of a group. In 4-H, members have many opportunities to practice this skill. Besides

doing presentations at the club meetings, members have the opportunity to participate in the Public Presentation contest.

This contest is open to all youth interested in presenting in the following categories: formal speech, illustrated speech, oral interpretation, or an original work.

Horse project members are eligible to participate in Horse Speeches for points toward Horse Master.

COMMUNICATIONS: PUBLIC PRESENTATIONS

1. **Formal Speeches** (4-8 mins) share the presenter's own unique view and are intended to motivate, persuade, or inform an audience and may include a call to action. Youth deliver a speech on any topic they wish (Original Oratory), or choose one of the four topics on which to speak (Topical Response)
2. **Illustrated Speeches** (4-8 mins) may be used to inform, persuade, or motivate the audience while using a visual aid. Visual aids may be two dimensional, three-dimensional, or digital. Youth may include audience participation.
3. **Original works** (4-8 mins) must be written entirely by the presenter. It may be presented as an individual or a two-person team entry. Manuscripts must be sent in advance to the contest. Presentations may be designed for TV, radio, or online media and must be presented live.
4. **Oral Interpretation** (4-8 mins) must be published works, and manuscripts or transcripts must be submitted prior to the event. They may be presented as an individual or a two-person team entry.

HORSE SPEECHES - *Horse Project members may earn points towards the 2020 Horse Master Competition*

1. **Original individual formal speech** - *Junior 5-10 minutes, Senior 7-10 minutes*
2. **Original individual presentation:** *9-12 mins.* either demonstration (step by step process) or illustrated talk on an idea or topic; both use visual aids.
3. **Original team presentation:** *10-15 mins.* either demonstration (step by step process) or illustrated talk on an idea or topic; both using visual aids.
4. **Interpretive Reading** *3-5 mins* is the art of reading aloud from a printed page. The reading must be published works that are horse-related. They may be prose, poetry, short stories, play cuttings, narratives, book or review, or theatrical.

For more information, see the following 4-H STATE websites:

IL 4-H State:

<https://4h.extension.illinois.edu/members/projects/communications>

IL 4-H State contest information and scoresheets:

<https://4h.extension.illinois.edu/events/illinois-4-h-state-public-speaking-contest>



IL 4-H Horse Speaking Contest Information and scoresheets:
<https://4h.extension.illinois.edu/events/illinois-4-h-horse-speaking-contest>



4-H Cooking 101 SPIN Club

Saturdays TBD Extension office

Virtual classes coming soon!!!

Join the 4-H Cooking 101 SPIN Club to learn more about: Snacks, Side Dishes, Main Dishes, Quick Breads, Desserts, Food safety, Kitchen safety, Measuring, Introduction to cooking, Food preservation. The club will also review planned projects for the fair so you can put your best foot forward in competition!

TWO classes are being offered:

- **Beginning** Cooking 101 members @ 9:00-10:15 am
 - **Returning** Cooking 101 members @ 10:30-12:00pm
- Current members and NEW to 4-H youth WELCOME!

NEW and Returning members register here:

<https://web.extension.illinois.edu/registration/?RegistrationID=21979>

CLUB NEWS:

Send your club news to

- Michele at maavang@illinois.edu or
- Quincy at quincys@illinois.edu

ANNOUNCEMENTS:

YQCA Instructor-Led Training

Pre-registration and payment via the website:
<http://yqca.org> is required.

Use the **4HOnline** registration option and your 4HOnline family login. *If you have registered using the general option, please contact the extension office!*

Please choose the training that is most appropriate for your family:

1. **Saturday, Feb 29 @ 8:30am at the Extension office in the small conference room.**

For Junior level **youth ages 8-11**, this is a more age appropriate training for junior level 4-H members.

PRINT A COPY FOR YOU RECORDS. You may need this for fair, especially STATE FAIR!



About YQCA or Youth for the Quality and Care of Animals

For members enrolled in dairy cattle, beef cattle, swine, sheep, and goats: All 4-H exhibitors of these animals will be required to certify in the YQCA program by attending either a **face to face class** (*pre-registration required*) or certify on-line via the website: <http://yqca.org>. The cost for the face-to-face training will be \$3 and \$12 for the online version.

About QAEC or Quality Assurance and Ethics Certification

For members enrolled in horses, rabbits, poultry, dogs, and cats: The **Quality Assurance and Ethics** training is still required for youth in horses, rabbits, poultry, dogs, cats & small pets. You only need to take it once in your lifetime. Those who do not complete the training will be removed from the animal science project and will not be eligible to exhibit at county fairs. The website is open year round @ <http://web.extension.illinois.edu/qaec/>. **NOTE:** Youth must be logged on to a computer for this program, either **a desktop or laptop; not an iPad or iPhone.**

We Want YOU! Adult or Teen Volunteers needed!

Do you have a passion, skill, or talent that you would like to share with young people? As a 4-H volunteer, you can share your skills and experience to help transform a new generation of confident, young leaders. To learn more: <https://4h.extension.illinois.edu/volunteers>

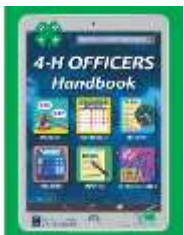
- Start a SPIN Club. SPecial INterest Clubs can be short-term commitments for as little as six meetings. Whether 6 Days/weeks/months are up to you.
- Older youth members can start their own clubs with a screened adult after Teen Teacher training.
- Club minimum is five 4-H members.
- Additional SPIN Club leaders needed for the following possible clubs:
 - Aerospace, Astronomy, Edible Science, Fitness Club, Family Heritage
 - *Rain to Drain – Slow the Flow*
 - Solar Sprint Car challenge
 - Got a suggestion of your own? Send it in!
- Email Michele maavang@illinois.edu for details or to submit your idea!

Looking for Club Officer Resources?

See the **Illinois 4-H website:**

<https://extension.illinois.edu/global/club-resources>

- **4-H Officers Handbook** and other resources are available through the Extension office. See attached packet for more helpful resources.
- **Online Video trainings** that may be helpful:



- Volunteer trainings: <https://4h.extension.illinois.edu/volunteers/training>
- Parliamentary procedure: https://www.youtube.com/watch?time_continue=4&v=AaHckDjTxZE
- Officer Videos: <https://ohio4h.org/officerresources>

- Type in your "Cell Phone" number where indicated
- Check the box "You wish to receive notices via text message:"
- Select Cell phone carrier service.

**NOTE – you may need to click the "Continue" button at the bottom of the page in order for the information to save*



4HOnline: <https://www.4honline.com>

- **TIP: Firefox and Chrome** work best. *Internet Explorer does NOT work!*
- See the **2019 Illinois Pick Your Project Guide** to for details on new projects such as Child Development, Family heritage, Leather –Visual Arts, Sports Nutrition: <https://4h.extension.illinois.edu/members/projects>
- Use the **Project Selection Form** to help record your favorite projects when you enroll in **4HOnline**.
- **New to 4-H?** Please follow the instructions to create your 4-H Family and enroll in 4HOnline.
- Add additional projects for the new 4-H year.
- If you would like to order projects books for your project, please make sure to click the arrow in the drop down box below the project selection box – called "select project materials".
 - If you do not complete this step, no book will be ordered for you.
 - If you click in this box and nothing appears, then there is no project book available for that particular project or it is *only* available online.
- **Select Payment:** Families may pay by Credit/Debit card or choose to pay by check.
 - *If paying by CREDIT CARD, please review card expiration date and 3-digit code.
- All Members and Volunteers must submit the **"Extension Participant Volunteer Agreement to Assume Risk..."**.
- **IMPORTANT TO NOTE: ALL previous members and adult volunteers MUST RE-ENROLL to participate in 4-H club meetings, activities and workshops.**

I ILLINOIS
Extension



Illinois 4-H Newsletter:

Be sure to see the **APRIL Newsletter Shorts** for important info on happenings in our county and around the state in 4-H.



"Hands to Larger Service"

This month on our Facebook and Instagram pages, we will be featuring 4-H Alumni, family members, volunteers and current 4-H members that are embracing the call to serve our community. Please send us your photos (in action preferably) with a short caption including information about how this person is giving their "Hands to Larger Service". Include name of club/s, years in 4-H or current 4-H member connection (daughter, nephew, grandchild), and how this person is an essential worker (Ex. Nurses, Doctors, First Responders,

To receive Emergency TEXT alerts:



medical support, military, teachers, waste management, food/grocery service, postal workers, farmers, plumbers, construction,...) We will also include pictures of you doing community service projects from home! Email Michele for details, maavang@illinois.edu.

Noah Evans 4/2/2020

Our first feature is 4-H Alumni, Noah Evan. Noah gives meaning to the pledge “Hands to Larger Service”. Noah is a Firefighter/EMT at Harvard Fire Protection District and the Loves Park Fire Department. He is in the process of



completing his Associates degree in Fire Science. We thank Noah and his co-workers for their service! Noah Evans was a member of Legendary Pioneers 4-H Club and 4-H Ambassadors 2011-2019 and current volunteer.

Tom Linneman 4/3/2020

Today we are honored to highlight 4-H Alumni, Tom Linneman. Tom has serve the Hebron-Alden-Greenwood Fire Protection District for 20 years where he has served as Fire Chief since 2016. In addition to that, Tom has also served as a Firefighter/Paramedic with the Crystal Lake Fire Rescue Department for the past 14 years. We thank Tom and all his fellow co-workers for their service! Tom Linneman was an 11 year member of Hebron Helping Hands from 1990-2001. For the past 18 years, Tom has continued to serve as Sheep Superintendent and McHenry County Fair Association Director, currently as Treasurer.



Kurt Woolridge 4/4/2020

Today’s highlight is 4-H Alumni, Kurt Woolridge. Kurt currently serves the Baytown Fire Department in Baytown, TX where he is a Firefighter Paramedic. Prior to relocating to Texas, Kurt received his training and National License in Illinois, also serving on the Hebron-Alden-Greenwood and Spring Grove FPDs. We thank Kurt and all his fellow co-workers for their service! Kurt Woolridge was a 4-H member from 2001-2012 belonging to Hebron Helping Hands, Keepers of the Clover and 4-H Ambassadors. 11 year member of Hebron Helping Hands from 1990-2001. In true 4-H spirit, Kurt received his inspiration to pursue a career in fire science from the previous 4-H Alumni highlight, Tom Linneman. Kurt says is truly



grateful to Tom for his encouragement and hiring him while he attended the Fire Academy.

Olivia Hungness McMahon 4/5/2020

Today's highlight is 4-H Alumni, Olivia Hungness. Olivia is currently serving in the US military as a Navy Sailor on the USS Theodore Roosevelt. We thank Olivia and all her fellow sailors for their service! Olivia is a former 11 year member of the Woodstock Wannabes 4-H Club. She is also the sister of current 4-H member, Charlotte McMahon Thomas and daughter of 4-H volunteer leader, Melissa McMahon.



Rachel Nicolai 4/7/2020



Today's highlight is 4-H Alumni, Rachel (Weidner) Nicolai. Rachel is an In Home Physical Therapist. She continues to enter homes to ensure her patients have their therapy even in these uncertain times. We thank Rachel for her service!

Rachel is married to Jamie Nicolai whom she met through 4-H. They are the parents of Reid-13, Tate-11 and Ty-6. Rachel was a member of Harvard Prairie Toppers and 4-H Ambassadors. Reid & Tate are currently members of that same club. Rachel is a 4-H leader and serves on the Sheep Committee. She gives credit to 4-H and the program for helping her become who she is today. Rachel is a mentor to not only her children but for future therapists. Most of all, she loves the program for all it teaches and instills in youth.

Anne Stebbins 4/8/2020

Today's highlight is 4-H Alumni, Anne Stebbins. Anne Stebbins was a 10-year member of the Woodstock Wannabes 4-H Club, of which parents, Christine and Allen are still leader & volunteer. Among her projects during her 4-H years Anne completed all levels of the sewing projects. She attended The



Theater School at DePaul University receiving a BFA in Costume Design in 2014. For the past 4+ years, Anne has lived and worked in New York City in the film and TV industry. Due to COVID-19 her current production for Amazon Prime was put on indefinite hiatus and she is presently back in Woodstock. Anne has been using her time and talents to sew facemasks and face-shields for family and friends who are working on the front lines of COVID-19. The pattern Anne is using was featured in a UIC Today article: <https://today.uic.edu/uic-shakespeare-theater-partnership-supplies-5000-masks-to-ui-health-leads-to-work-for-many>. Thank you for putting your hands to larger service Anne!

Holly Jarovsky 4/9/2020

4-H volunteer, Holly Jarovsky, was a second-generation 4-Her, 10-year member of the Clarksville Co-Eds 4-H club and a member of Clark County Youth Federation. As a 4-H member, she enjoyed club, county and state service as well meeting with policymakers in Springfield and in Washington D.C during the Youth to Washington trip.

Holly believes that 4-H gave her the confidence and speaking skills necessary to earn a scholarship to Northern Illinois University where she achieved her Bachelor of Science degree in Physical Therapy. As a physical therapy practitioner, she has had the opportunity to work in hospitals, outpatient clinics, traveled to Alaska and worked as a school-based therapist, and has been a teacher of physical therapy at Northern Illinois University and now at William Rainey Harper College in Palatine. The 4-H idea of learning through doing has helped her to become a more effective



teacher and help to develop the next generation of health care leaders. Holly's two daughters are now third-generation 4-H members!



Joel Bloom 4/10/2020

Today's "Hands to Larger Service" highlight is Joel Bloom. Joel oversees the manufacturing operation on how products are being built. They are fighting this crisis by producing electronic assemblies for medical laboratory testing facilities. This specific product being built by Arc Tronics, is a laboratory test that measures saliva samples from the patient to determine if the corona virus is present or not. Joel is the father of 4-H members, Joey and Mikey Bloom of Crystal Clovers and 4-H Ambassadors.



Heidi Vanderstappen, Cory Prentice, Diane Behrens 4/11/2020



Heidi Vanderstappen, Cory Prentice and Diane Behrens have been working tirelessly to make free lunches for all the students ages 18 and under in Alden Hebron District 19 despite the risk to their own health to ensure students and families have access to nutritious meals. Heidi is a 4H Alumni and current leader of Hebron Helping Hands 4-H Club where her children, Colton, Nolan and Teagan are members. Cory Prentice is a 4-H Volunteer and parent to HHH 4-H members, Gabby & Riley. Diane is the mother-in-law to 4-H Alumni and current MC4-H Foundation Director, Liz (Woolridge) Behrens. A big thank you to you all those food service personnel for feeding the youth of Hebron and across McHenry County! Submitted by HHH & 4-H Ambassador, member Corrine Elswick, niece of Heidi V.

Melissa Nolan 4/13/20

Today's feature is Melissa Nolan. Melissa has been an ER nurse for close to 20 years. She has been involved with patient care at the ER at all local Northwestern hospitals up until about last year when she took a position at the Woodstock ED as the Patient Educator. During the



current crisis, Melissa has been managing the ER and staff. We thank Melissa and ALL Healthcare providers and staff for their commitment to patient care especially during this time. Melissa Nolan is the aunt of 4-H members Norah & Lilah Mungle of Heron Helping Hands 4-H club.

Teagan Dobis 4/12/2020

Today's feature is current 4-H member and Huntley High School student, Teagan Dobis. Teagan has been hard at work making and donating fabric facemasks. She has already finished and donated over 50 masks to family members, health care workers, and neighbors with more cut and ready to sew! Teagan is a members of the Huntley Heartlanders 4-H Club and Dog SPIN Club. We're so proud to all the work you are doing for your community Teagan!



Sarah (Rinn) Henning 4/15/2020



Today's feature is 4-H Alumni, Sarah (Rinn) Henning. Sarah is a third grade teacher at Riverwood Elementary School in McHenry where she is working hard to ensure her students get the best education possible

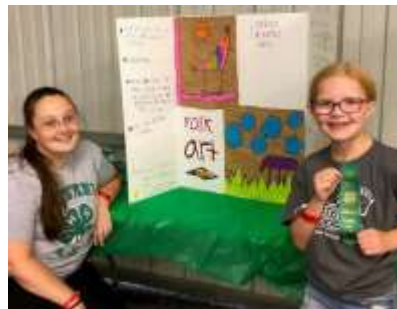
through this crisis. Sarah is making the best of eLearning even though all she really wants to do is to see her students and rejoin them in the classroom! Sarah is a former member of Community Cloverleaves and one of the founders of Legendary Pioneers 4-H club. Sarah is married to Jesse Henning who is a Cross County Farmers 4-H Alumni. Both Sarah and Jesse are indispensable volunteers for the Swine Show at the McHenry County

Fair! We thank Sarah and ALL teachers and educators for all they do!

Nicole Scichowski 4/16/2020



Today's feature 4-H Alumni is Nicole Scichowski. Nicole was an 11 year member of the Green United Clever Clovers, 4-H Ambassador, and volunteers as fair judge for Cloverbuds and more. Nicole began volunteering her time at the McHenry County Coroner's office in 2013 to decide if this was a career she would like to pursue for her future. Throughout



college breaks she continued to volunteer and loved serving McHenry County. After graduating from Lake Superior State University in 2018 she returned to the McHenry County Coroner's office and is currently a Deputy Coroner/Investigator. We thank Nikki and all her co-workers for their continued dedication!

Debra Winn 4/17/2020

Debbie Winn is a long time member of the 4-H family. Not only has Debbie put her "Hands to Larger Service", but also her "Heart to Greater Loyalty." During this time of social distancing, it can become very isolating for many but most especially for our community elders living in care facilities. Debbie's kind heart has inspired her to make over 50 hand-crafted greeting cards to bring a little bit of cheer to the residents of Valley High Nursing facility



to remind them that we are thinking of them. Debbie Winn was a member, then leader of the Community Clover & Gophers and now volunteers for Hebron Helping Hands 4-H Clubs where her grandson, Braydin Winn, is a member. Debbie has been a dedicated



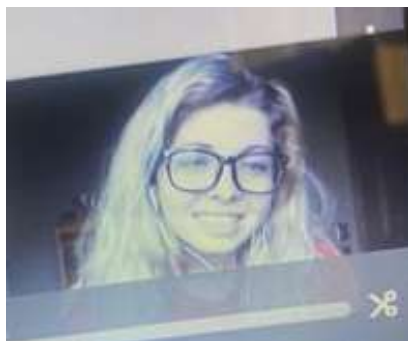
volunteer in the Goat barn at the McHenry County Fair. We cherish Debbie's heartfelt gesture and thank her and all other that have donated to nursing care facilities across the county.

Hoven family 4/18/2020

- submitted by Cassandra Hoven

I am a 4-H Alumni. I was in 4-H for 8 years. Majority of my 4-H years was with Hebron Helping Hands. I also have been a 4-H judge for a couple of years. I am working as a school social worker providing social work services online during this crisis as well as teaching social emotional lessons. I miss seeing the kids, helping them in their difficult times, and helping them reach their goals. I have three other family members who are McHenry County 4-H alumni as well that have been dedicating their "hands for larger service" as well. Two school staff and one that works for the police department. Teaching and protecting the community during this crazy time. We love 4-H and we love being there for our community.

-Hoven Family



texts. Jennifer and her students are and looking forward to being back at school so they can continue the great year they were having. Throughout all of this, Jennifer feels very fortunate to be at home with my two 4-H sons. They are very lucky to have their livestock animals and have enjoyed some extra time with them lately. Jennifer is a third generation McHenry County 4-H alumni, where she is leader and 11 year member of Busy Three 4H club. Jennifer has volunteered on the beef committee for 20ish years and is currently beef superintendent, overall 4-H Livestock Superintendent and secretary of the livestock auction committee. We thank Jennifer and ALL teachers for their continued devotion to learn students!



4-H Eagles Club 4/24/2020

The 4-H Eagles made 36 cards, 20 face masks and 18 ear savers for the residents and staff at Florence Nursing Home in Marengo. Thank you to the 4-H Eagles for their service!



Jennifer Wittum 4/19/2020

Today's highlight is 4-H Alumni, Jennifer (Jacobs) Wittum. Jennifer has been a teacher at Big Hollow Middle School in Ingleside, Illinois for 17 years. She misses seeing her students in person every day. She stays in touch with them through emails, phone calls, zoom meetings and

