



# NEWSFLASH



April 15, 2021

#Opportunity4All

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County Extension  
Director

• **Brenda Heimann**  
Program Coordinator  
4-H Youth  
Development

• **Julie Miller**  
Office Support  
Assistant

Hello 4-H Families & Volunteers,

This upcoming week is National Volunteer Week! All of us here at the Extension office would be lost without our amazing, devoted volunteers. Especially our 4-H Volunteers! They give countless hours, many of them in a hot building during 4-H shows. I want to say “thank you” for all the time you give to help our youth learn and develop strong life skills! 4-H members and families I encourage you to reach out to your leaders and club volunteers this next week and tell them “thank you” for all they have done for you and your family!

We have 2 new families to welcome to our county 4-H:

The Roach Family -Adreanna, Elaina, Natalia, & Skyla-

German Valley Golden Eagles

The Hersey Family- Avery, Beckett, & Camden-

Pearl City Hornets

Please feel free to ask as many questions you may have to either myself, your leader, or other families in 4-H. We really are a 4-H family around here, and are more than happy to help answer any questions!

Our April Countywide 4-H Zoom Meeting is Tuesday, April 27th at 6:30 p.m. We will be doing an easy cooking project. I will send the Zoom link out next week with details of what you will need if you want to participate.

Lastly, if you plan to show dairy, beef, swine, sheep, or goats at the 4-H show this summer make sure you sign up to do your YQCA training. The last in-person training is April 24th at 9:30-11 a.m. at the Stephenson County Farm Bureau building. See the details on page 7 of this E-news.

Enjoy the day,

~ Brenda Heimann



Find us on  
Facebook!

# NATIONAL VOLUNTEER WEEK



We  Our  
4-H Volunteers

**A HUGE “THANK YOU” TO ALL OUR VOLUNTEERS!  
WE VALUE YOUR TIME , PATIENCE, AND KNOWLEDGE THAT YOU  
BRING TO OUR PROGRAM & OUR YOUTH!**

## Stephenson County 4-H News

**4-H UNIVERSITY APP-** The State 4-H Office has launched a free app for all androids and iPhones called “4-H University.” Currently, this app will feature “Cooking 101” material, pro-ject manual for the “Technology: Drone” project and material for the new “Maker” project. You may find this app on the Apple Store and Google Play Store.

**Manuals:** The last set of manuals have been sorted and are either being picked up by leaders, or you should have received an e-mail from me! If you ordered some recently they should be getting handed out at your next 4-H meeting. Any questions, give Brenda a call– 815-235-4125.

### **PUBLIC PRESENTATION CONTEST IS BEING HELD:**

April 20th, 2021

At the Highland Community College Campus-  
Building N-Rm 107

At 6:30p.m.

Online registration is open NOW—April 15th.

If you signed up for this project area you should have received an email from the Extension office giving you more information.

Due to Covid-19 restrictions we are limiting our audience this year to **ONLY** the member and 2 spectators.

**Quality Assurance and Ethics Training**— The Quality Assurance and Ethics training is required for all youth that enroll in **horse, rabbit, poultry, dog, cavy (guinea pigs), and cat**. Members must take the training whether they own a live animal or not. It is advised that they complete this one time as soon as they are enrolled in the project area.

Counties will monitor completion of this. Failure to complete QA&E will result in the member's animal science project enrollment being cancelled and they will be ineligible to exhibit at county fairs. The website is open year round @ <http://web.extension.illinois.edu/qaec/>.

The deadline to complete this training is June 1, 2021.

**HORSE LEASE/OWNERSHIP PAPERWORK— All horse paperwork is due on May 1 in the Extension Office.** This means you must own a horse or have one leased by this date. All horse show exhibitors must have completed the QAEC at least once in their career. You must turn in the ownership/lease form, must have a lifetime liability waiver on file, medical release, and your guidelines and policies forms. You must take NEW pictures. Pictures from previous years have been discarded. I will email these to you!

Please keep in mind that you are NOT required to turn in your Coggins at this time. You will be required to have it "in hand" for the 4-H fair or any show/clinic that you participate in, however.

**Don't Forget!**

If you attended the last YQCA training on April 10th, Please print your certificate and send a copy to me NO LATER THAN— June 1st! Email is fine too— [bheimann@illinois.edu](mailto:bheimann@illinois.edu)

**SUMMER SHOWS:** 4-H staff across Illinois are excited about the possibility of stepping back into face-to-face judging this summer. Stephenson County 4-H is planning for in-person Summer Shows. Although I do not have all the answers at this time, I can say with certainty that things will look different. The decisions that will be made in the upcoming months will be based on local conditions and will reflect the requirements of the Illinois Department of Public Health and University of Illinois event guidelines. These mitigation protocols may also be modified to reflect any requirements of the local public health department (based on local conditions at the time of the event).

This is an evolving situation. Please keep in mind that Illinois 4-H reserves the right to adjust or cancel events in the case of identified risk, such as changes in local COVID conditions or known instances of non-compliance with safety guidelines. I will be sending more information in the upcoming months. You will be responsible for reading, understanding, and complying with all guidelines. Here are some dates for you to begin thinking about (keep in mind these may change).

**TENTATIVE:**

**4-H Clothing & Textiles, Candy Making,**

**Cake Decorating & Flower Arranging— Friday, June 25th**

**General Projects Day - Wednesday, July 7th**

**Dog Show, Cat Show, Rabbits & Cavies Show—Saturday, July 10**

**Crops, Foods, Horticulture & Cloverbud Shows—Monday, July 19**

**4-H Livestock Shows: Poultry, Dairy, Goat, Swine, Sheep & Beef—Monday, July 26**

**4-H Horse & Pony Show— August 1**

# **Animal Ownership Deadlines**— All 4-Hers who intend to exhibit at the 2021 Stephenson County 4-H Show must abide by the following ownership deadlines.

## **January 1**

Performance Cows (Beef)

Dairy Cows

Milking Does (Goat)

## **February 1**

Steers

Ewes

## **May 15**

Market Wethers & Ewes (sheep)

Jr. & Open Premiere Sheep

All Meat Goats (wethers and all breeding animals)

Beef Bucket Calves

## **June 1**

Gilts (Swine)

Dairy Calves & Heifers

Barrows (Swine)

All Rabbits

All Poultry

Beef Heifers

Horse/Pony

Dogs

Dairy Goat -Kids/Yearlings (not in milk)

All Pygmy Goats

## **June 25**

Sheep Ewes & Rams



## STEPHENSON COUNTY 4-H INFORMATION:

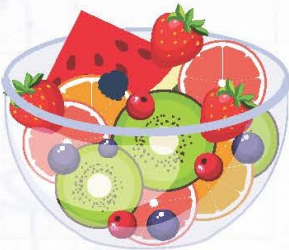


**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

# I MADE THAT! MEDITERRANEAN MEALS

Send your taste buds on a trip to the Mediterranean in celebration of Mediterranean Diet Month!

University of Illinois Extension & 4-H has a fun opportunity to enhance your cooking skills! We are putting together educational cooking kits - designed to inspire the inner chef and help youth gain confidence while working in the kitchen.



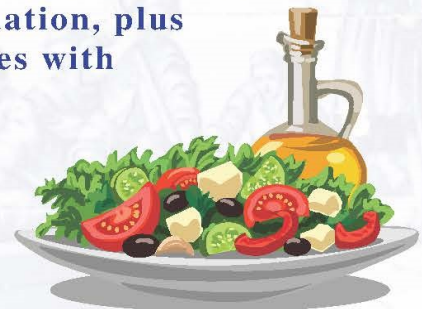
**Register for your kit at:**  
[go.illinois.edu/jswIMadeThat](http://go.illinois.edu/jswIMadeThat)

**Sign up early, supplies are limited**

**REGISTRATION DEADLINE - MAY 3, 2021**

The cost is \$5 per kit. It includes the May "I Made That!" booklet, Mediterranean-based recipes, a sensory evaluation, plus olive oil to get you started. Each kit also comes with a salad bowl to showcase your masterpiece!

Kits will be available for pick-up the second week in May at one of our Extension offices in Jo Daviess, Stephenson & Winnebago Counties.



Jo Daviess County 4-H Stephenson County 4-H Winnebago County 4-H  
University of Illinois Extension College of Agriculture Consumer & Environmental Sciences



University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate, contact our office at (815)235-4125

## STEPHENSON COUNTY 4-H INFORMATION:



It's that time of year again! If you are a 4-H Member showing: sheep, swine, dairy, goats, or beef you will need to do your Youth for the Quality Care of Animals (YQCA) training again BEFORE the June 1st deadline. This is for all members ages 8-18 showing livestock for a 4-H show. There are two ways you can get the training:

- 1) You can take the online training ( there is a test at the end) and the cost is \$12, per student. The link to do that is <https://yqca.learngrow.io/> You MUST use your 4-H Online information to create an account and gain access to the course. **DO NOT** use the FFA/ Independent sign-in. Once completed please print 2 copies of your certificate– 1 needs to be given to the Extension office before June 1st, and the other one travels with the 4-H member to the shows.
- 2) **Instructor-led training– this is being held at the Farm Bureau Building April 24th from 9:30-11 a.m. Pre-registration is required!** Go to: <https://yqca.learngrow.io/> and select the in-person training (**LIMITED Seating– so SIGN up Early**) Cost is \$3, per student and **MUST** be paid at the time of registration.

### REMINDER—

If you are showing any other livestock than the 5 listed above, you will need to complete the QAEC once in your lifetime. This is a free training completed online at <https://web.extension.illinois.edu/qaec/>. If you are showing one from each area, you will need to complete both. For example, if you are showing beef and a rabbit, you will need to complete both the QAEC and the annual YQCA.

Any Questions: you can reach Brenda at [bheimann@illinois.edu](mailto:bheimann@illinois.edu)

or 815-235-4125



# 4-H Dog SPIN Club Schedule 2021

**Kick Off Meeting: March 24, 2021 at 6:30 p.m.  
HCC, Bldg R- Room 153**

Traditional obedience class (Beginning Novice, Preferred Novice and Novice) will begin at 6 p.m. Showmanship will begin at 6:45 p.m. Rally will begin at 7:00 p.m. These classes will meet on Wednesdays.



May 19  
May 26  
June 2  
June 9  
June 16  
June 23  
June 30  
July 7



July 9 \*Last practice session on evening before Dog Show

All classes will be held at the Stephenson County Fairgrounds in the Foresight Commercial Building or outside of the building on the grass (weather permitting).

**The 4-H Dog Show is Saturday, July 10, 2021 at 9:00 a.m.  
Foresight Commerical Building.**

University of Illinois Extension provides educational programs and research-based information to help Illinois residents improve their quality of life, develop skills and solve problems. If you need a reasonable accommodation to participate in this program, please call the U of I Extension office. Early requests are strongly encouraged to allow sufficient time for meeting your access needs. University of Illinois Extension provides equal opportunities in programs and employment. University of Illinois College of Agricultural, Consumer and Environmental Sciences - United States Department of Agriculture - Local Extension Councils Cooperating.





**4-H CAMP IS OUT OF THIS WORLD  
2021**

## Life at 4-H Camp

We are very thrilled to announce that we will be hosting 4-H Camp - day camps this year! While we are unable to host an overnight due to COVID policies, we are excited to host three days of 4-H Day camp. These three days will give campers a similar experience to past 4-H camp without the overnight. We will again be attending Rock River Christian Camp, in Polo, Illinois. 4-H Day Camp will offer a variety of safely-led activities such as: archery, crate stacking, arts and crafts, hiking, zip-line, team building and large group games, as well as end each day with a camp evening program.

4-H Camp is open to a total of 75 youth each day that are between the ages 8-14 by June 15, 2021. Campers do not have to be a 4-H member to attend 4-H Camp. Youth may choose to attend, one, two or all three days for 4-H day camp. Camp runs from 9:00 a.m. to 8:00 p.m. with check-in and check-out procedures.

## Camp Location

4-H Camp is at Rock River Christian Camp in Polo, IL. Rock River Christian Camp has 94 acres that have been transformed over the years into a beautiful facility for youth and adults.

Staff at RRCC are certified in First Aid, CPR and AED. There is a qualified first aid person at camp at all times. Campers select their own activities, and are supervised at all times. 4-H Youth Development staff extensively train all camp counselors. We strive to maintain an environment that both encourages personal growth and creates an unforgettable summer experience.



**Illinois Extension**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

**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 contact the registration office at 815-732-2191

# Northern Illinois 4-H Summer Camp

(4-H Camp without the overnight)

**Rock River Christian Camp | Polo  
June 15-16-17 | 9AM-8PM**



**Cost: \$60 per day**

Options to choose 1, 2 or all 3 days  
 Includes boxed lunch, dinner and snack  
 Must pay in full by credit card



**Registration Information:**

Register by May 3, 2021

Limited space so sign up today!

[go.illinois.edu/4Hsummercamp](http://go.illinois.edu/4Hsummercamp)



**Contact Information:**

Martha Ebbesmeyer, (Carroll, Lee, Whiteside)  
 Youth Development Educator  
 (815) 632-3611, ebbesmey@illinois.edu

Johnna Jennings, (Boone, DeKalb, Ogle)  
 Youth Development Educator  
 (815) 758-8194, jbjennin@illinois.edu

Angela Miller, (Jo Daviess, Winnebago, Stephenson)  
 4-H Program Coordinator  
 (815) 858-2273, amillr11@illinois.edu

*Covid restrictions and safety guidelines will be followed to ensure a safe camp experience. Campers will need to be dropped off/picked up each day. Adults/guardians will NOT be allowed to stay.*



# 2020-2021 Stephenson County 4-H Calendar of Events

\*\*Some dates/times subject to change\*\*

## APRIL 2021

1	Final day to add/change projects in 4-H Online
1	Enrollment due date to enroll in 4-H Online for ALL new members
10	Camp Counselor Training, Zoom, 9-12pm
10	YQCA Training, Farm Bureau building- 210 W. Spring St Freeport 9:30-11 a.m.
20	Stephenson County Public Presentations Contest, HCC, Room N-107, 6:30 pm
18-24	National Volunteer Week
24	State Horse Judging Contest, virtually 10-2
24-25	Youth Livestock Conference, Springfield
27	Countywide 4-H ZOOM mtg, 6:30pm

## MAY 2021

1	Ownership/ Lease Deadline for Horse Show- Due to Ext. Office Swine ownership deadline (No paperwork to Ext. Office)
1	Camp Counselor Training, Ogle County Office, 9-3pm
3	4-H Summer Camp Registration Deadline
3	I Made That, May Deadline -registration online
12	Leader's Meeting, 6:30pm
15	Ownership for Sheep Wethers and ALL Meat Goats
19, 26	Dog Show SPIN Club, 6 pm, Stephenson County Fairgrounds, Foresight Commercial Building
24	Countywide 4-H ZOOM mtg, 6:30 pm
31	Extension Office closed for Memorial Day

## JUNE 2021

1	Deadline for YQCA & QAEC Certification
1	Ownership/ Lease Deadline for Dog Show- Due to Extension Office
1	Swine Ear Notch form deadline- Due to Extension Office
1	Ownership deadline: Beef Heifers, Beef Bucket Calves, Dairy Goat Kids, Dairy Goat Yearling (not in milk), *ALL Pygmy Goats, Dairy Calves & Heifers, All Poultry, Rabbits & Cavies (No paperwork to Ext. Office)
2, 9, 16, 23, 30	Dog Show SPIN Club, 6 pm, Stephenson County Fairgrounds, Foresight Commercial Building
3	Babysitting Clinic, Pearl City District
5	Illinois State 4-H Public Speaking Contest, Richland Community College, Decatur
15-17 9am-8pm	4-H Day Camp- <u>no overnight</u> , Rock River Christian Camp, Polo
25	Breeding Sheep Ownership deadline
25	4-H SHOW Clothing & Textiles, Candy Making, Cake Decorating & Flower Arranging- HCC TBD 9 AM
30	Wizarding World of 4-H Day Camp *Tentative*, Location TBD

# 2020-2021 Stephenson County 4-H Calendar of Events

**\*\*Some dates/times subject to change\*\***

## JULY 2021

5	Extension Office Closed for Independence Day
7	<b>General Projects Day, Stephenson County Fairgrounds, 9 AM</b>
7, 9	Dog Show SPIN Club, 6 pm, Stephenson County Fairgrounds, Foresight Commercial Building
10	<b>Stephenson County 4-H Dog Show, 9 am, Stephenson County Fairgrounds, Foresight Commercial Building</b>
10	<b>Stephenson County Cat Show, 1 pm, Stephenson County Fairgrounds, Foresight Commercial Building</b>
10	<b>Stephenson County 4-H Rabbit &amp; Cavy Show, 9 am, Stephenson County Fairgrounds, Rabbit building</b>
19	<b>4-H Shows: Crops, Foods, &amp; Horticulture 9 AM</b> Stephenson County Fairgrounds- Foresight & Liberty buildings
19	<b>4-H Show: Cloverbuds- 1PM- Stephenson County Fairgrounds Foresight building</b>
26	<b>Stephenson County 4-H Livestock shows-Poultry, Goat, Dairy, Swine, Sheep, &amp; Beef, Stephenson County Fairgrounds</b>
27-31	<b>Stephenson County Fair, Stephenson County Fairgrounds</b>

## AUGUST 2021

1	<b>Horse/Pony 4-H Show, Stephenson County Fairgrounds</b>
12-22	Illinois State Fair, Springfield, IL
13	Stephenson County State Fair Exhibition Day
28	Illinois State 4-H Dog Show, Granny Rose, Dixon

# We are thankful for all the hands



HEAD



HEART



HANDS



HEALTH

## who have taught 4-H members

### Happy National Volunteer Week!



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

SCHOLARSHIP INFORMATION:



**SCHOLARSHIP**

**R. C. Miller Agriculture Scholarship**— Must be a Stephenson County resident, studying agriculture with an emphasis in conservation. 1- \$1000 scholarship will be awarded. Please contact Julie Miller, Office Support Assistant at 815-235-4125 for application. **Deadline is: June 1st, 2021**

## ILLINOIS 4-H INFORMATION:



**TRY  
SOMETHING  
NEW!**

### **Career Sparks Series (Not a Summer Program)**

Career Sparks is a unique opportunity for teens to **explore career paths** by connecting with highly successful young professionals in diverse industries.

We are looking for (3) youth who are highly energetic and interested in being in front of a camera to interview a young professional. Please contact Cindy Ogwal at [cowusu@illinois.edu](mailto:cowusu@illinois.edu) for additional information.

### **Discovering STEM in ACES**

The pre-college summer programs have officially launched and wish to invite you to share with students grades 9-11 in your units. Many of you have known of the Research Apprentice Program (RAP) is held in person in campus. Due to Covid-19 pandemic we have decided to move forward this summer virtually. We have renamed the program to **Discovering STEM in ACES**. You can access more information at <https://aces.illinois.edu/academics/diversity/discovering-stem>.

Discovering STEM in ACES is a two-week virtual experience, July 11- 23, 2021, via Zoom from the University of Illinois. It is designed to help the students explore STEM programs dealing with food, environment, and human sciences. Students are selected based on grades, stated interest in STEM areas, letter of recommendation, and a final zoom interview. The application deadline is Friday-March 19,2021.

For students interested in exploring opportunities associated with becoming a veterinarian and working with wildlife, there is a program offered through the USDA called Ag Discovery Program. This program is also virtual via Zoom, July 11-30, 2021. The deadline to apply is Thursday- March 25, 2021. See the link to access the application: <https://academics.aces.illinois.edu/diversity/ag-discovery>

Both programs are **FREE!** We are available to visit your school or community organization virtually to talk more about both programs.

Please contact: Chicago area: Diana Rodriguez, 773-540-1990, [drodrz1@illinois.edu](mailto:drodrz1@illinois.edu), Other Illinois area: Dr. Jesse Thompson, 217-333-3380, [jthomps5@illinois.edu](mailto:jthomps5@illinois.edu)

I hope that your students will seek to experience these STEM opportunities here on the University of Illinois campus. The graduation rate for this program is 96%, and 37% went on for graduate and professional degrees.

## ILLINOIS 4-H INFORMATION:

### 4-H VOLUNTEER TRAINING OPPORTUNITY – THURSDAY, APRIL 22, 2021; 7 PM

## ILLINOIS 4-H



VOLUNTEER DEVELOPMENT

Join this training on the Illinois 4-H Cloverbud program to learn how to support 4-H learning experiences for youth in the 5-7 year age group. Cloverbuds is an exciting entry point to 4-H for youth you don't want to miss! Use this link to find out more about this training and to register: Registration opens 3/17:

<https://web.extension.illinois.edu/registration/default.cfm?RegistrationID=23352>



### INTERESTED IN SHARING YOUR 4-H STORY?

Interested in sharing your 4-H story for a 4-H Alumni profile? We are seeking 4-H alumni to share their 4-H story to be highlighted on our social media accounts for a "Member Monday" 4-H profile!

Click here "[share your 4-H Story](https://go.illinois.edu/4halumnistory)" today!



### 4-H Shooting Sports Leader Certification Training

9am – 7pm; Saturday, June 5, 2021

Location: 4-H Memorial Camp, Monticello, IL

Registration Details Coming Soon.



ILLINOIS 4-H VOLUNTEER DEVELOPMENT

## 4-H VOLUNTEER CAFÉ CONVERSATIONS!

Register to participate in the *4-H Volunteer Café Conversations*. We are so excited to continue this new Illinois 4-H opportunity creating a platform for 4-H Volunteers from across Illinois to meet virtually and discuss topics of interest, share both ideas and challenges. Volunteers will gain access to tools & techniques to support their volunteer efforts, strengthening 4-H club and member learning experiences. We have two upcoming Café Conversation opportunities coming up in the next few months. We will address two topics during each Café Conversation so bring your ideas, questions, and since this is a Café Conversation, feel free to bring a snack!

### 4-H Volunteer Café Conversation - Thursday, May 20, 2021; 7 PM

TOPICS will include:

**One for the Project, Two for the Show, Three to Get Ready...Go Clover Go! Summer Fun!**

Link to register for the **May 20, 2021** Volunteer Café Conversation:

<https://web.extension.illinois.edu/registration/default.cfm?RegistrationID=22738>

Thank you 4-H Volunteers! We  
appreciate all you do for our  
Youth!

We  Volunteers



## ILLINOIS 4-H INFORMATION:



If you do gardening with kids or have them do service projects such as bring food to food pantries, you might see something on our NDSU Extension webinar list you want to attend.

<https://ndsu.us8.list-manage.com/subscribe?u=b303ec77430a20180bc6a4b92&id=502444b486>

Sign up below to register for the Field to Fork Weekly Webinars from NDSU. Depending on your state, you might see some familiar names!

The free webinars will be held each **Wednesday from 2 to 3 p.m. Central time February 10 through April 21**. They will be archived for later viewing; however, participating in the “live” webinar allows you to interact with the presenter.

When you sign up, you'll receive two reminder emails, a link to an evaluation survey, and a message about how to access the recording for each of the 11 webinars below:

- Feb. 10: Shopping in a Garden Center: Tips for Customers and Managers - Don Kinzler, NDSU Extension agent - horticulture, Cass County
- Feb. 17: Growing Safe Produce for Distribution to Food Pantries - Barbara Ingham, professor and Extension food science specialist, University of Wisconsin-Madison
- Feb. 24: Hot Topics in Food Preservation - Karen Blakeslee, Extension associate, Kansas State University
- March 3: High Tunnel Cut Flower Production - Esther McGinnis, associate professor and Extension horticulturist, NDSU
- March 10: The Best Vegetable Varieties for 2021 - Tom Kalb, Extension horticulturist, NDSU
- March 17: Weed Control in the Home Garden - Randy Nelson, Extension home horticulture and agriculture production systems educator, University of Minnesota
- March 24: The “Good” Creepy Crawlers in Your Garden - Janet Knodel, professor and Extension entomologist, NDSU
- March 31: Maple Syrup Production - Joe Zeleznik, Extension forester, NDSU
- April 7: Hot Topics in Nutrition: Why Eat Fruits and Vegetables, Anyway? - Julie Garden-Robinson, professor and food and nutrition specialist, NDSU
- April 14: Tips for Selling Food Safely at Farmers Markets - Londa Nwadike, food safety specialist, Kansas State University and the University of Missouri
- April 21: How to Start a New Food Business - Amy Illg, program administrator, North Dakota Department of Health, Division of Food and Lodging

# Illinois Extension

## WHAT'S HAPPENING AT THE EXTENSION:

### Illinois Extension to Offer Get Growing Webinar Series

Join Grant McCarty, Illinois Extension Local Foods and Small Farms Educator, for the Get Growing Webinar Series. The series will be held on Thursday evenings beginning April 22 and going through May 13. The presentations will be from 6:00 to 7:30 p.m. each evening and will be held via the Zoom platform. You must pre-register to receive the Zoom link to join the presentation. The series is being held free of charge, but donations are being accepted to help offset the cost of Extension programming. To register or for more information visit us online at [go.illinois.edu/jsw](http://go.illinois.edu/jsw) or call us at 815-235-4125.

**April 22: Growing Perennial Vegetables (Rhubarb, Asparagus, Horseradish)**

**April 29: Raspberry and Blackberry Production for the Backyard**

**May 6: Raised Bed and Container Vegetable Gardening**

**May 13: Weed Management in the Vegetable Garden**



# What's Happening at the Extension:



**Exploring Current Diet Trends:  
The Good, the Bad, and the Hard  
to Maintain-**

Please join our Nutrition & Wellness Educator, Diane Reinhold, as we explore the world of dieting. This virtual event will be held Thursday, April 22, 2021 from 1-3 p.m.

The event is FREE, however we do require you to pre-register at:

[go.illinois.edu/jsw](https://go.illinois.edu/jsw)

Registration deadline is April 20th.