

Winnebago County 1040 N. 2nd Street Rockford, IL 61107 P:(815) 986-4357 F: (815) 986-4329 Website: go.illinois.edu/jsw

• <u>Margaret Larson</u> County Extension Director

• <u>Becky Gocken</u> Program Coordinator 4-H and Youth Development

> • <u>Tammy Bene'</u> Office Support





Find us on Facebook! April 22, 2022

Find Your Spark!

Good afternoon 4-H Families,

I'm excited to see our calendars are filling up with lots of upcoming activities and events! Summer is coming up fast! Our 4-H shows are going to be back open to the public this year (as long as we keep on the same trend)! Our State 4-H office is closely monitoring the Avian Flu and we will keep you updated if we have to adapt our poultry shows.

We have officially kicked off our 2022 4-H Shows with our Public Presentations contest and Winnebago County has 3 members representing at the state level on April 30th! Congratulations to Claire, Cecilia, and Emma! All our participants had great speeches that made it challenging for our judge to choose champions and state fair delegates! Photos are on page 2.

Our Dog Show SPIN Club classes have started and the next one is this Sunday. Participants should have received emails with information.

Next week is our 4-H leaders meeting and I should have program books ready to distribute then. I will be out of the office on Tuesday and Friday next week as I am working in different counties on those days.

Have a great day!

~Becky Gocken

2022 Winnebago County Program Books Update

The program books are at the printers and 4-H leaders should receive them at our meeting on Wednesday, April

27. If you want to view the digital version, it is on our website here down under the Fairs and Shows tab:

https://extension.illinois.edu/jsw/4-h-winnebago-county

WINNEBAGO COUNTY PUBLIC PRESENTATIONS

2022 PUBLIC PRESENTATIONS CONTEST RESULTS

WINNEBAGO COUNTY 2022 4-H SHOWS PRESENTS:

Formal Speech- Beginner Class Winner- Emma Moore, Clover Crusaders Formal Speech- Advanced Class Winner- Claire Hopkins, Owen Blue Bonnets Illustrated Speech- Beginner- Cecilia Higdon, Clover Crusaders

Illustrated Speech- Advanced- Kiera Brown, Clover Crusaders





WINNEBAGO COUNTY 2022 4-H SHOWS PRESENTS:

2022 PUBLIC PRESENTATIONS CONTEST RESULTS

Champion Public Presentations- Beginner- Cecilia Higdon, Clover Crusaders Reserve Champion Public Presentations- Beginner-McLevidge, Tri River Tryers Champion Public Presentations- Advanced- Claire Hopkins, Owen Blue

Bonnets Reserve Champion Public Presentations- Advanced- Kathleen Harrington, Clover Crusaders

WINNEBAGO COUNTY 2022 4-H SHOWS PRESENTS:

2022 PUBLIC PRESENTATIONS CONTEST RESULTS

State Fair Delegates Cecilia Higdon, Clover Crusaders Claire Hopkins, Owen Blue Bonnets Emma Moore, Clover Crusaders

State Fair Alternates

Kiera Brown, Clover Crusaders CaroleAnn McLevige, Tri River Tryers Kathleen Harrington, Clover Crusaders





Illinois Extension



Winnebago County 4-H Rockford Fire Station 6 Tour Wednesday, May 11, 2022

6pm

Register at: https://go.illinois.edu/rockfordfire



4-H Dog SPIN Club Schedule 2022

Kick Off Meeting: March 30 at 5 p.m. Location: Winnebago County Extension Office

Classes start at 2 pm on Sundays



April 10 April 24 May 1 May 15 May 22 June 5 June 26 July 10 July 17



All classes will be held at the Forest City Dog Training Club 6203 Material Ave. #8, Loves Park

The Winnebago County 4-H Dog Show is Friday, July 22, 2022, at 9:00 a.m. Forest City Dog Training Club

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.



Winnebago County 4-H & Youth Development

Swine Showmanship





Winnebago County Fairgrounds, Cattle Show Ring 500 West First St, Pecatonica

Any youth is invited. You do not have to be in swine project to attend! Register at go.illinois.edu/swineshowmanshipclinic

or call 815-986-4357



Illinois Extension

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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 100 youth each day that are between the ages 8-14 by June 14, 2022. 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



Northern Illinois 4-H Summer Camp

(4-H Camp without the overnight)

Rock River Christian Camp | Polo June 14-15-16 | 9AM-8PM



Cost: \$70 per day

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



Registration Information:

Registration Due by May 2. Limited space so sign up today! 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

Campers will need to be dropped off/picked up each day. Adults/guardians will NOT be allowed to stay.



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Winnebago County 4-H & Youth Development BASS FISHING SPIN CLUB June 6- 10, 2022



111C 0 10, 2022



Monday -Thursday 11 am- 12 pm Friday 10 am - 12 pm Torstenson Youth Conservation Educational Center 13735 Cook Rd, Pecatonica \$5 for Winnebago County 4-H Members; \$10 for Non-members

This is for Jr. High age youth (ages 11-14) with previous fishing experience. The intention of these lessons is to advance the interest,

or spark, of fishing passions to a higher level.



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Attention 4-H Swine, Sheep, Goats, Beef and Dairy Show Participants:

The YQCA annual training is required by the state 4-H office to show in any 4 -H Swine, Sheep, Goat, Beef or Dairy livestock show. We have already offered both in-person trainings- please be sure to log back in and send me the pdf of your certificate by June 1st. The new site is <u>www.yqcaprogram.org</u> Livestock members received an email on April 11th with all the directions for how to set up a new account, which everyone will have to do. Please follow the PDF directions as the site is a little challenging to navigate.

All other livestock shows still require the QAEC training which can be found

at

https://web.extension.illinois.edu/qaec/ .



Illinois Extension

Extension Educator, Horticulture

U of I Extension has an opening for a Horticulture Educator in northwestern Illinois. Extension Educators deliver research-based educational programs and provide resources to community members, partnering organizations and other educational institutions. This position will network with local communities on projects such as public, school or community gardens, as well as provide opportunities for other organizations to partner and contribute on local horticulture projects.

The Educator will join five other Educators in the unit, providing opportunities for interdisciplinary programming and collaboration on projects. On a state level, there is collaboration with other Horticulture Educators and campus-based faculty on programming and related projects. The position serves Jo Daviess, Stephenson and Winnebago Counties. Master's degree and experience in a related field is required.

For complete job description and application instructions, visit go.illinois.edu/jswhorteducator or call 815-235-4125. Closing date is March 18. The U of I is an EEO Employer/Vet/Disabled - http://go.illinois.edu/EEO





WINNEBAGO COUNTY

4-H & EXTENSION FOUNDATION, INC.

1925 South Meridian Road

Rockford, Illinois 61102

BOARD OF DIRECTORS

Reita Baird, President + H Volunteer

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Winnebago County 4-19 ∞ Extension Foundation, Inc. is a charitable 501(c)(3) organization, and donations are tax deductible as allowed by law. Now in existence for over 48 years, Winnebago County 4-H & Extension Foundation, Inc., a 501(c)(3) non-profit, continues to expand its programs and offerings to the community. We hope that you will be able to take part in one or more of the existing events that we are offering this year and experience firsthand the pride we take in supporting our cause.

It is our mission to promote, support, and advance the interests of 4-H and other Extension activities through fundraising, and acquiring and managing funds, bequests and gifts. In order to meet and provide services in our community, we rely on the generosity of individuals and businesses for support. Without assistance of community-minded individuals just like you, we wouldn't be able to serve those in our community each year.

We ask that you help make your commitment to support our current fundraiser. Your generosity will make a difference in our community by allowing us to continue in our work. Remember, that every donation makes a difference, regardless of size.

Our current fundraiser is once again a partnership with Didier Greenhouses (4601 West State Street, Rockford). What a great idea for Easter and Mother's Day. Garden planting is just around the corner and Didier has all your gardening needs. Cards are easy to get, easy to use, can be easily mailed to anyone —and they have no expiration date!

\$20 gift cards are available to purchase. Purchasing your gift card is as easy as filling out the order form below, and send with your cash or check to:

Winnebago County 4-H & Extension Foundation

1925 S. Meridian Road

Rockford, IL 61102

We will mail you your gift card for you to enjoy! Remember to visit us on Facebook, or you can email us at winnebagofoundation2011@gmail.com Thank you very much for your continued support.

\$20 =

Sincerely,

Winnebago County 4-H & Extension Foundation

----- Please cut along dotted line--

of gift cards

5

TOTAL

MAIL CARDS TO: Name

Address

x



Members will not be approved until leader's have verified they received payment and/or paid by credit card online this year. You will not be able to enroll in Fair Entry until I have received this information from your club leader.

Project Manuals will be purchased by individual families through a <u>pop-up shop in 4-H Mall</u>. I recommend ordering together to save shipping expenses. An email was sent with directions for obtaining manuals on 11.5.2021 & 2.1.2022. Here is a link to the state 4-H page project resources: <u>https://4h.extension.illinois.edu/project-resources</u>



JOANN FABRICS DONATIONS

Every dollar makes a difference in helping a young person find their SPARK. February 1 – April 30, visit a local @JOANN store and you can invest in a young person by donating to @4-H. joann.com/4-H/ #JOANNhearts4H

Thank you @JOANN for helping empower more kids to grow themselves and their communities. joann.com/4-H/ @4-H #JOANNhearts4H

February 1 – April 30, we invite you to visit a local @JOANN store to create with your hands and give with your heart through a donation to @4-H. joann.com/4-H/ #JOANNhearts4H



PRESSURE

CANNER TESTING

Call Your Local Extension Office ROCKFORD: (815) 986-4357

FREEPORT: (815) 235-4125

ELIZABETH: (815) 858-2273

SCHEDU

Illinois Extension

ODA

Get your @4-H Rewards Card today! Stop by a local @JOANN store now to sign up for free and receive 15% off your purchases. It's a great way to shop with purpose & give back to 4-H! joann.com/4-H/ #JOANNhearts4H

Before using your pressure canner, have your dial gauge tested for accuracy. The only way to know if your pressure gauge is accurate is to have it tested.

University of Illinois Extension is holding Pressure Canner Testing Clinics beginning this May and will run through July. These events will be held at the local Extension offices, with several dates to choose from. Bring in your pressure canner lid with the gauge attached.

To register call your local extension office or visit <u>go.illinois.edu/</u> jsw



4-H members, alumni, family, and friends are invited to join University of Illinois Extension in partnership with University of Missouri Extension for a (hopeful) Cardinal win against the San Francisco Giants!

REGISTRATION DEADLINE: APRIL 1 @ 11:59PM

- Participate in the parade on field prior to the game.
- Shirt included in ticket price.
- Additional raffle tickets available for \$1.00. 1st prize is to throw out the first pitch (4-H members only). Additional prizes include tickets to a future game and autographed baseballs (no exclusions for additional prizes.)

May 14

1:15PM

\$25/ticket *All sales final

Register here: https://go.illinois.edu/4HCardinals2022

*Please note - groups that wish to sit together MUST submit one order.

TICKETS AND T-SHIRTS WILL BE MAILED OUT THE LAST WEEK OF APRIL!

Ticket/t-shirt questions? Contact Rhonda Shafer at shaferr@missouri.edu Parade/raffle questions? Contact Dave Hileman at hilemand@missouri.edu

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CALENDAR OF WINNEBAGO 4-H EVENTS & ACTIVITIES

APRIL, 2022		
23		4-H Camp Counselor Training, Oregon
23		IL State Hippology Contest
24	2 pm	4-H Dog SPIN Club Class
27	5:30 pm	4-H Leader's Meeting – Extension Office
30	·	Illinois 4-H State Public Speaking Contest, Parkland College, Champaign
MAY, 2022		
1-June	10	FAIR ENTRY OPENS FOR ALL MEMBERS TO REGISTER ENTRIES FOR 4-H FAIR
1		Horse Ownership and/or lease paperwork due to Extension Office
1	2 pm	4-H Dog SPIN Club Class
4		Becky Community Outreach Programming
5	4-6 pm	YLT Meeting– Shrub planting with Illinois Pheasants Forever
11	6-6:45pm	4-H Rockford Fire Department Tour– Station 6
11	6-8pm	4-H Camp Counselor Training, Zoom
15	2 pm	4-H Dog SPIN Club Class
17		4-H Horse Superintendents Meeting
22	2 pm	4-H Dog SPIN Club Class
25	4:00 pm	BBQ MEAT BOX Orders & Payment DUE to Extension Office
30		EXTENSION OFFICE IS CLOSED for Memorial Day Holiday
JUNE, 2022		
1		Dog ownership and/or lease paperwork due to Extension Office
1		YQCA Certificates Due to the Extension Office, QAEC Deadline
5	2 pm	4-H Dog SPIN Club Class
6-10		4-H Bass Fishing SPIN Club, Pecatonica
10	11:59 pm	FAIR ENTRY CLOSES (All entries must be registered by 11:59 pm)
11	8-10 am	Winnebago County 4-H Chalk the Walk, Extension office
11	Noon-1 pm	BBQ Meat Box Order Pickup at Extension office parking lot; Noah's Ark donation drop off
14-16		Northern Illinois 4-H Day Camps
17		EXTENSION OFFICE IS CLOSED for Juneteenth Holiday
25	10:30 am	4-H Float Day- Sugar River
26	2 pm	4-H Dog SPIN Club Class
29	9-12pm	Wizarding World of 4-H, Prince of Peace Church, Rockton
JULY, 2022		
4	10.20	EXTENSION OFFICE IS CLOSED for Independence Day Holiday
9	10:30 am	4-H Float Day- Sugar River- RAIN DATE
8 9	9:00 am	4-H Clothing Judging – Old Stone Church 4-H Fashion Revue – Old Stone Church
	2:00 pm	4-H Dog SPIN Club Class
10 13	2 pm 4:00 pm	CLUB BANNERS DUE to Extension Office
16	9:00 am	4-H Rabbit & Small Pet Show – Fairgrounds – Building #3
10	2 pm	4-H Dog SPIN Club Class
22	9:00 am	4-H Dog Show- Forest City Dog Training Club, Loves Park
22	9:00 am	4-H Cat Show – Fairgrounds – St. Mary's Building
23	5:30 pm	Setup of 4-H Building at fairgrounds – HELP NEEDED!
2,	2.00 p	

4-H Club Meetings— Attendance Policy



All 4-H members must attend 1/3 of their club meetings for the year, from the time of their enrollment, in order to show at the

4-H shows this summer.



4-H International

Host an international youth this summer

International students come to IL each summer and stay with a host family for about 4 weeks. Host a Japanese or South Korean youth this summer through States' 4-H International! Expand your family's cultural understanding, learn about new foods and customs, and possibly learn a new language, all while sharing your own. Your children will build lifelong friendships and will gain new perspectives on their own country, too! Families are needed for July 23 through August 18 (tentative dates).

Applications are accepted until all placements are made. There is no cost for this program.

Students are matched with a host sibling by age gender and interests. So families hosting, must have a child the between 12-18

Host family selection is dependent on completion of an application and screening process, as well as student availability and personality compatibility.

For more information or to apply, visit: <u>http://www.states4hexchange.org</u>.

Find us on Facebook @ <u>facebook.com/Illinois4hexchange</u> or contact Illinois S4-H Coordinators: Miriam Rosenbohm @ <u>rosenbohm07@comcast.net</u> or Elisha Hughes @ <u>ehugh2@illinois.edu</u>.

Greetings all –

FYI:

I have heard from many of you regarding the IDOA temporary stay on poultry exhibitions. Illinois 4-H will offer a virtual show option in the event the stay does not get lifted before your local fair. Posters are also an option as always. The virtual option will be executed locally in the same manner as we held them in 2020. The virtual option will only be in play if we cannot have the live show. We will keep you updated as we continue to receive guidance from IDOA.

Thanks,

Dan Jennings University of Illinois State 4-H Livestock

djjennin@illinois.edu



ILLINOIS STATE 4-H PUBLIC SPEAKING CONTEST

April 30, 2022 Parkland College, Champaign









ILLINOIS 4-H CLUBS & MEMBERS MAKING VALUABLE CONTRIBUTIONS!

4-H members and clubs have continued to demonstrate they are *True Leaders in Service,* as they roll up their sleeves and put the
4-H Pledge into action working toward positive change that
empowers their peers and their communities. *The True Leaders in Service Day is set for Saturday, April 23, 2022!*

Start planning now to focus your energies on the 4th "H" and pledge your HANDS to larger service! Service projects can be the work of individuals, 4-H clubs, or planned as a county-wide service project. No matter what project you feel is needed most in your community – this will be a day to make a difference!

Please use this link to register your Community Service event: <u>https://web.extension.illinois.edu/registration/</u> <u>default.cfm?RegistrationID=24356</u>



CITIZENSHIP WASHINGTON FOCUS – COMING SUMMER 2022!

We are pleased to announce that we will once again be taking a delegation of Illinois 4-H teens to experience first-hand the wonders of Washington D.C.

We are waiting for a confirmation regarding our travel dates, however we encourage interested teens to begin thinking about being a part of this opportunity where they will connect with teens from across the country to gain skills which will prepare them to be effective changemakers in their communities.

Additional details including confirmed dates; cost; and pre-trip planning will be shared soon!

State 4-H Fishing Tournaments Ready to Go!

Easy to enter, easy to win! Learn rules and how to enter here:

https://4h.extension.illinois.edu/events/4-h-hooks-us -together-fishing-tournament

Open to all current year 4-H members, but new rod & reel prizes only for 4-H members registered in the 4-H Sport fishing project for the 2021-2022 year. Entries just require a phone, tape measure and then upload information to: <u>https://</u> go.illinois.edu/fish4H April – Crappie State 4-H Tournament

- May Largemouth Bass 4-H State Tournament
- June Channel Catfish 4-H State Tournament





The University of Illinois College of Agricultural, Consumer and Environmental Sciences will host ACES Family Academies on July 14-15, 2022. ACES Family

Academies is a two-day learning experience for alumni to bring youth ages 8-13 to stay on campus, eat in the residence halls, and participate in interactive classes, all while learning about ACES majors, programs, and research. Cost is \$125. Registration deadline is June 3, 2022. <u>Full schedule and educational</u> <u>session information is available online</u>.



Crop Scouting Competition August 4, 2022

Crop Sciences Research & Education Center, 4202 South 1st St., Savoy, IL 61874 Check-in and registration start at 8 a.m. The competition starts at 8:30 a.m. and will end by 1:30 p.m.

The competition is open to high school students completing grades 9-12 in the spring of 2022. They will work in teams of 2 to 5 students led by an adult coach. Coaches can be FFA advisers, agriculture teachers, seed dealers, co-op employees, and others. No more than three teams per sponsoring organization (e.g. company, school, club).

2022 4-H State Shoots – SAVE THESE DATES (but keep

- This will be an outdoor event.
- Meals: Lunch, beverages, and snacks will be provided.

Prizes: \$500 for 1st, \$300 for 2nd, and \$150 for 3rd.
 Questions? Contact program coordinator Chelsea
 Harbach at harbach2@illinois.edu.

4-H Shooting Sports Leaders Wanted!

Spend a fun day learning range management and leave ready to safely lead 4-H Shooting Sports activities in your county!

Contact your local Uofl Extension office 4-H professional and they will process your registration. Certifications in <u>Archery,</u> <u>Shotgun, Rifle, Pistol, Coordinator, and</u> <u>Hunting/Outdoor Skills (May 7 only)</u> offered. One discipline per day/per person. All programs run 9am-6pm and are active range time instruction.

<u>Sat., May 7, 2022</u>4-H Memorial Camp, Monticello, IL (central Illinois)

<u>Sat., July 16, 2022</u> Bi-State Sportsman's Club, Colona, IL (N.W. Illinois)

Questions? Contact Curt Sinclair at Sinclair@illinois.edu





practicing now!)

<u>4-H State Archery Shoot- Saturday,</u> <u>Sept. 17, 2022</u> at Pekin Archers, Pekin, Illinois

<u>4-H State Shotgun Shoot- Saturday,</u> <u>Sept. 24, 2022</u> at Brittany Shooting Park, Bunker Hill, Illinois

<u>4-H State Rifle Shoot-Saturday,</u> Oct. 8, 2022 at Central Illinois

Precision Shooters (CIPS), Bloomington, Illinois

<u>4-H State Pistol Shoot-Sunday,</u> <u>Oct. 9, 2022</u> at CIPS, Bloomington, Illinois



Save the Date June 4, 2022 Summer Sizzle Shoot Chillicothe Sportsman's Club Hosted by Marshall-Putnam 4-H Shooting Sports Registration opens April 25, 2022– closes May 24, 2022 <u>https://extension.illinois.edu/blmp</u>

Our target is fun and we aim for a bullseye!

WARREN COUNTY 4-H LIVESTOCK JUDGING CONTEST

Registration 8 AM Contest 9 AM

Saturday, May 28, 2022 Warren County Fairgrounds Roseville, IL

Junior Division, Ages 8-13 as of January 1 | Senior Division, Ages 14-18 as of January 1
Team and Individual Awards Presented to Overall and Species Winners
\$3/person | Checks payable to "University of Illinois Extension"
Contact Shelby Carlson, 4-H Youth Development Educator at srcarls2@illinois.edu or
(309)734-5161, or Lynn Shimmin at (309)224-1469 with questions
Advanced registration requested by emailing Shelby at srcarls2@illinois



Lunch Available for Purchase from Happy Hustler's 4-H Club



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WHAT'S HAPPENING AT EXTENSION:

SPRING GARDENING WORKSHOPS 2022 IN-PERSON CLASSES

To register for the workshops, please visit our website at **go.illinois.edu/jsw** or call our Winnebago County Extension Office at (815)986-4357. 1040 N 2nd Street Rockford 61107

VEGETABLE GARDENING 101

THURSDAY, APRIL 28 6:00 p.m. - 7:00 p.m. - NO COST

What jobs do you and your garden have to complete in order to have a successful vegetable garden this summer? Planning, planting, care of garden, harvesting and taking care of tools are just some of the topics that will be covered.

Presenters: Jeff and Judy White, U of I Extension Master Gardeners

HOSTAS: ORDINARY OR EXTRAORDINARY? WEDNESDAY, MAY 18 6:00 p.m.- 7:00 p.m.-NO COST

Do you think hostas are just those "boring green plants" that grow in the shade? Guess again! Learn about plant selection, care, and companion plants, and how to maximize the potential of these beauties in your garden.

Presenter: Constance McCarthy, U of I Extension Master Gardener

SUN & SHADE CONTAINER GARDENING

MONDAY, MAY 23 6:00 p.m. - 7:00 p.m. - \$30.00

Design an exciting container! Learn which plants are good Thrillers, Fillers and Spillers. You will get to choose whether you want to make a Sun or Shade container garden. This session cost \$30, which covers the cost of the containers, soils and plants.

Presenter: Ann Somers, U of I Extension Master Gardeners

TOTALLY TOMATOES, PERFECT PEPPERS WEDNESDAY, May 25 6:00 p.m. - 7:00 p.m. - NO COST

This class will help you determine what varieties to grow, diseases and insects to look out for, methods to trellis for success, and trouble-shooting of these two popular summer vegetables.

Presenter: Grant McCarty, U of I Extension Local Foods and Small Farms Educator



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U OF I EXTENSION - WINNEBAGO COUNTY 1040 N 2nd Street, Rockford, 61107 (815)986-4357 go.illinois.edu/jsw



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WHAT'S HAPPENING AT EXTENSION:

EMPOWER WEIGHT LOSS PROGRAM

Do you live in Stephenson, Jo Daviess, or Winnebago County?

Are you:

- Between 18-75 years of age
- Do you need to lose 20 pounds or more
- Not pregnant or lactating, or planning on becoming pregnant within the next 2 years
- Do you have a BMI >25
- Willing to access our online program once/week

Are you able to commit two years to become a healthier you?

If the Answer is Yes... Check out this link to see if you qualify for the EMPOWER weight-loss program.

Visit today to see if you qualify: <u>https://rb.gy/xdmjdb</u>

This program provides free nutrition and lifestyle coaching to help you achieve a healthy weight and maintain it for a lifetime!

Have Questions? Contact Us EMPOWER: fshn-empower@illinois.edu OR Diane Reinhold: dreinhol@illinois.edu University of Illinois Extension, Nutrition & Wellness Educator



This is a collaboration between UIUC Nutrition Department, UI School of Social Work and University of Illinois Extension.

WHAT'S HAPPENING LOCALLY:

IMPORTANT AVIAN FLU UPDATE

Effective today, IDNR is recommending a halt to the use of bird feeders and bird baths through May 31, or until avian flu infections in the Midwest subside, especially those that waterfowl may visit. During spring, wild birds will have ample food sources while bird feeders are removed.

HPAI has not been detected in songbird species (passerines) at this time.

Further recommendations from the agency:

- Clean and rinse bird feeders and baths with a diluted bleach solution (nine parts water to one part bleach) and put away or clean weekly if they can't be moved away from birds.
- Remove any bird seed at the base of bird feeders to discourage large gatherings of birds or other wildlife.
- Avoid feeding wild birds in close proximity to domestic flocks.

If five or more deceased wild birds are observed in one location, an IDNR district wildlife biologist should be contacted. Contact information for district wildlife biologists can be found at https://www.wildlifeillinois.org/.../contact-an-idnr.../. USDA Wildlife Services also may be contacted at 1-866-487-3297.

In addition, IDNR requests all occurrences of deceased or sick bald eagles be reported to the agency.





WINNEBAGO COUNTY SWCD

2022 POSTER CONTEST

Submit by April 29th, 2022 Must be a resident of Winnebago County and meet the following perimeters:

Theme: Healthy Soil, Healthy Life

The work must be the contestant's original creation & should not include any copyright, trademark, or brands other than the theme logo. One winner will be chosen for each age group. Winners will receive a \$25 Amazon Gift Card.



Digital Poster

Age Groups

- 7th-9th Grade
- 10th-12th Grade

The poster must be a digital design and can be created in any platform. The design should be 8.5 X 11 in size and at least 300DPI. Files should be in JPEG or PNG format.

Physical Poster

Age Groups:

- K-1st Grade
- 7th-9th Grade
- 2nd-3rd Grade

- 10th-12th Grade
- 4th-6th Grade

Any media can be used (paint, crayons, stickers, etc.) to create a flat poster. Hard copies can be dropped off or mailed to the office and digital pictures or scans should be JPEG or PDF format.



What makes a good poster?

- Attracts attention
- Is simple & concise-Don't try to include too many ideas
- Uses colors & white space effectively
- Text is large enough to be easily read
- Don't use all words or all illustrations
- Research the theme topic & brainstorm ideas

Judging will be based on conservation message (50%) visual effectiveness (30%) originality (10%) universal appeal (10%).

For more information regarding healthy soils visit https://www.nrcs.usda.gov/wps/portal/nrcs/main/national/soils/health/

Winners will have a chance to compete in the state competition and possibly the national competition!

Respective release forms and applications must be filled out. Contact the Winnebago County SWCD for application forms or more information at 815-965-2392 ext.3, kwalshswcd@comcast.net, or 4833 Owen Center Rd, Rockford, IL 61101





Winnebago County SWCD

Poster Contest Application

Please attach	the application	form to t	he back of	the poster c	or email with elect	ronic poster
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First Name		Middle:	Last Na	me:
Address:			Age:	Grade:
ease Circle One:				
Yes or No:	This poster is the orig	ginal work of the studer	nt named above	
	The student received 'yes'' please include a		er person or materials,	/ideas from another source.
-				
			Data	
Signature:				
Printed Na	me:			
Signature: Printed Na	me:			
Signature:_ Printed Na Email: Parent/Gu	me:	ll allow the Winnebago	_Phone Number:	
Signature: <u>-</u> Printed Na Email: Parent/Gu	me: ardians signature wil Il or promotional pui	ll allow the Winnebago	_Phone Number:	
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The Winnebago County Soil and Water Conservation District is an equal opportunity employer. All programs and services are offered without regard to race, color, national origin, religion, sex, age, marital status, or handicap.