



# NEWSFLASH



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County Extension  
Director

• **Becky Gocken**  
Program Coordinator  
4-H Youth  
Development

• **Julie Miller**  
Office Support  
Assistant



April 3, 2020

*Inspired to Lead— Called to Serve*

Good afternoon Stephenson County 4-H Families,

I hope you all are doing well and staying healthy during this time. So far we have experienced snow, rain, sun and even tornado sirens last Saturday night during this time working remotely! It's been a wild ride. Blessings to our essential workers for keeping America going during this time! We appreciate you!

Our 4-H Leaders, Ambassadors and I have been working together to present our first Stephenson County-wide 4-H meeting on Monday at 6:30 pm. The links were emailed to families yesterday for how to connect. Please test it prior to Monday evening. We look forward to "seeing" many of you then!

Please continue to reach out to each other with letters, phone calls and emails! This time to connect is so important for all of us. I am still available to you throughout the week to answer questions and help offer guidance. They have offered us an office phone number you can reach me at through Skype. That number is 217-300-5865.



Gocken Family taking cover last Saturday.

Take care of each other!

Sincerely,

Becky Gocken



Find us on  
Facebook!

University of IL Extension would like to take the opportunity to celebrate the impact of volunteer service on our communities. Your support of local events, volunteer projects, and 4-H work demonstrates that every individual has the power to create change, taking action to tackle issues and build stronger communities.

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**CELEBRATE  
SERVICE**

NATIONAL VOLUNTEER WEEK  
APRIL 19-25, 2020

THANK YOU VOLUNTEERS!



## COVID-19 UPDATES

### Illinois Extension event cancellation notice: Stephenson County 4-H

Effective immediately, ALL face-to-face events organized by Illinois Extension have been cancelled, suspended, or transitioned to online delivery. This means that all 4-H club meetings are cancelled through May 31, 2020 unless otherwise notified.

During this time, we are committed to supporting you in your continued 4-H project experience at home. Right now, we are preparing a series of statewide 4-H Online engagement opportunities through our Facebook page (Illinois 4-H). Please check there for updates. As additional resources are identified, we will share through social media and e-blasts.

We know that you may also have questions and concerns about summer events. We will be actively monitoring the situation and providing updates as they are available. We know that you have put a lot of work into your 4-H projects. Be assured that we are exploring all possibilities for providing continued judging, exhibit, and showcase opportunities.

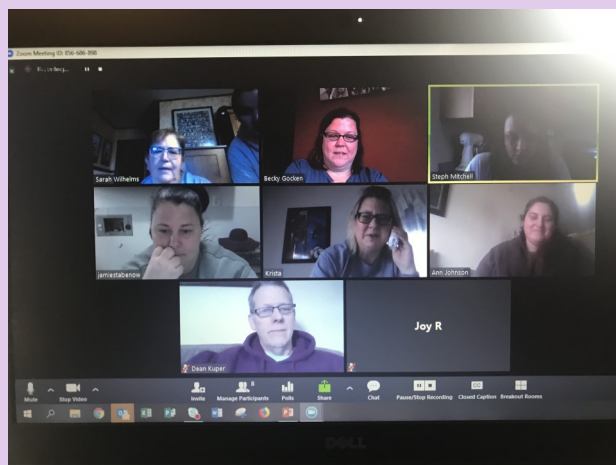
**Resources for Responding to COVID-19:** <https://extension.illinois.edu/global/resources-responding-covid-19>



## STEPHENSON COUNTY SHOUT-OUTS

### Stephenson County-wide 4-H Meeting Via Zoom

Everyone should have received an email from me on Thursday with connection links or dial into information for our county-wide 4-H meeting on Monday, April 6, 2020 at 6:30 p.m. using Zoom. Our Ambassadors and 4-H Leaders have been meeting and planning behind the scenes with me this week. We hope to “see” lots of you there!



## STEPHENSON COUNTY 4-H INFORMATION

# NORTHERN ILLINOIS 4-H SUMMER CAMP

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**JUNE 8-12**

ROCK RIVER CHRISTIAN  
CAMP  
POLO, IL



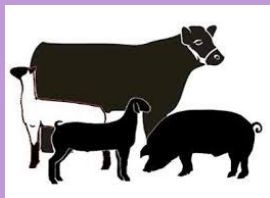
4-H CAMP IS OPEN TO ALL YOUTH AGES 8-14 BY JUNE 8, 2020  
REGISTER ONLINE BY MARCH 1

[GO.ILLINOIS.EDU/4HSUMMERCAMP](http://GO.ILLINOIS.EDU/4HSUMMERCAMP)

We are currently seeking a new **Technologies** Superintendent for the fair!

Please email or call Becky if you are interested!

815-235-4125 or [rgocken@illinois.edu](mailto:rgocken@illinois.edu)



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

**The YQCA annual training is required by the state 4-H office this year to show in any 4-H Swine, Sheep, Goat, Beef or Dairy livestock show. All in-person trainings have been suspended. You will need to complete the training online for \$12.**

<https://yqca.learn-grow.io/Account/Login>

**All other livestock shows still require the QAEC training which can be found at <https://web.extension.illinois.edu/qaec/>.**

**These trainings must be completed by June 1, 2020!**



# STEPHENSON COUNTY IMPORTANT DATES TO REMEMBER

## APRIL 2020

- 6 6:30 p.m. Stephenson County-wide 4-H meeting via Zoom
- 15 Fair Entry Opens for GP & Fair
- 18-25 National Volunteer Week
- 18 9-3 p.m. Camp Counselor Training– ONLINE
- 27 6:30 p.m. Organizational Leaders Meeting (tentative)



## MAY 2020

- 1 **Ownership/ Lease Deadline for Horse Show– due to Extension Office**
- 2 **Ownership deadline for all Swine (no paperwork to Ext. Office)**
- 15 Ownership deadline for Sheep Wethers and ALL Meat Goats

## JUNE 2020

- 1 **Deadline for YQCA & QAEC Certification**
- 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, Rabbit & Cavies (No paperwork to Ext. Office)**
- 1 **Ownership/ Lease Deadline Dog Show—due to Extension Office**
- 3, 10, 17, 24 6 p.m. Dog Class, Stephenson Co. Fairgrounds, Foresight Commercial Bldg.
- 8-12 **4-H Camp, Rock River Christian Camp, Polo, IL**
- 14 2020 Northern Illinois 4-H Horse & Pony Show, Stephenson County Fairgrounds, Freeport
- 15 **LAST DAY TO REGISTER IN FAIR ENTRY**
- 19 9-2:30 p.m. Babysitting Clinic, Pearl City Park District
- 20 Stephenson County Ag Breakfast
- 20 9:00 a.m. 2020 Western Illinois 4-H Horse Show, Monmouth, IL
- 22 5:30 p.m. Fair Committee Meeting
- 23 6:30 p.m. **Public Speaking Contest, HCC, Bldg. H-127**

## JULY 2020

- 1 6 p.m. Dog Class, Stephenson County Fairgrounds, Foresight Commercial Bldg.
- 3 9:00 a.m. 4-H Stephenson County Fashion, Highland Community College Cafeteria
- 3 1-1:30 p.m. 4-H Candy Making Shows, Highland Community College Cafeteria
- 3 1:30-3:30 p.m. 4-H Cake Decorating, Cookie Decorating, Highland Community College Cafeteria

**Stephenson  
County Fair  
is  
July 21-25!**

# STEPHENSON COUNTY IMPORTANT DATES TO REMEMBER

## JULY 2020

|       |                |  |   |
|-------|----------------|--|---|
| 3     | 1:30-3:30 p.m. | 4-H Cake Decorating, Cookie Decorating, Highland Community College Cafeteria                       |    |
| 3     | 2:30 p.m.      | 4-H Flower Arranging Contest, Highland Community College Cafeteria                                 |   |
| 4     |                | Extension Office closed for Independence Day   |   |
| 8     | 9 a.m.         | <b>General Projects Day</b> , Stephenson County Fairgrounds, Foresight Commercial Bldg.            |   |
| 8     | 6 p.m.         | Dog Class, Stephenson County Fairgrounds, Foresight Commercial Bldg.                               |   |
| 10    | 6 p.m.         | Dog Class, Stephenson County Fairgrounds, Foresight Commercial Bldg.                               |   |
| 11    | 9:00 a.m.      | Stephenson County 4-H Dog Show, Stephenson County Fairgrounds, Foresight Commercial Bldg.          |   |
| 11    | 1:00 p.m.      | Stephenson County 4-H Cat Show, Stephenson County Fairgrounds, Foresight Commercial Bldg.          |   |
| 20    | 9:00 a.m.      | 4-H Crops, Cooking, Cloverbuds Shows, Stephenson County Fairgrounds, Foresight Commercial Building |   |
| 20    | 1:00 p.m.      | Cloverbud Show, Stephenson County Fairgrounds, Foresight Commercial Building                       |   |
| 21-25 |                | <b>Stephenson County Fair</b>  |  |
| 21    | 8:30 a.m.      | 4-H Rabbit & Cavy Show, Rabbit Barn  |   |
| 21    | 8:45 a.m.      | 4-H Poultry Shows, Poultry Barn  |   |
| 21    | 9:00 a.m.      | 4-H Swine Show, Swine Barn   |   |
| 21    | 9:00 a.m.      | 4-H Beef Show, Beef Show Ring  |   |
| 21    | 9:00 a.m.      | 4-H Sheep Show, Sheep Show Ring  |  |
| 21    | 9:30 a.m.      | 4-H Goat Show, Goat Show Ring  |   |
| 21    | 9:30 a.m.      | 4-H Dairy Show, Dairy Show Ring  |   |
| 23    | 5:30 p.m.      | Parade of Excellence, FHN Grandstand   |   |
| 25    | 1:00 p.m.      | 4-H Master Showmanship Contest (Swine, Sheep, Beef Show Rings)                                     |   |
| 26    | 8:30 a.m.      | 4-H Stephenson County Horse Show- Rain or Shine  |   |

## AUGUST 2020

|    |  |  |
|----|--|--|
| 14 |  | Stephenson County State Fair Show Date                           |
| 29 |  | State 4-H Dog Show, Granny Rose K-9 Enrichment Center, Dixon, IL |

## SEPTEMBER 2020

|       |  |  |
|-------|--|--|
| 11-12 |  | Stephenson County 4-H and Extension Foundation Cub Foods Brat Stand Fundraiser |
|-------|--|--|

## STATE 4-H INFORMATION:

### Be a True Leader in Service



Join 4-H members and clubs across Illinois and the nation on **Saturday, April 25** as part of **True Leaders in Service!** 4-H clubs serve their communities all year long however the month of April has been selected as a time for ALL 4-H clubs to join together to roll up their sleeves in service to local communities. This could mean helping a person or family in need doing yard work or minor home repairs, cleaning up streets or parks, planting trees or gardens, supporting your local food pantry or any other project that supports a local need.

Make your plans now on how you'll help others. Find resources @ [go.illinois.edu/4Hdayofservice](https://go.illinois.edu/4Hdayofservice). Later in 2020, you can register your projects there! The goal of the 4-H True Leaders in Service day is to encourage 4-H members in every county to make a positive difference. Service projects can be done by individuals, by 4-H clubs, or as a countywide service project. No matter what the project is, this will be a day to make a difference.

#### Find Help for Your Projects

We have dozens of projects you can choose to take, and ways to help you learn! Check out the resources available @ <https://4h.extension.illinois.edu/project-resources>. Some are available from the county Extension office. Others you can order directly from Shop 4-H or other state Extension programs.

Give us a call if you have questions.

#### 4-H Poultry Judging

#### Returns to State Fair

August 17 | 4-6 PM

Jr. Livestock Barns | Illinois State Fair

The Illinois 4-H State Poultry Judging Contest will be held from 4 to 6 PM Aug. 17 in the junior livestock barns on the State Fairgrounds in Springfield. There is no limit to the number of exhibitors each county may send. Teams of three or four contestants may be submitted. The four top seniors (age 14-18 on Jan. 1, 2020) will compete as the Illinois team at the National 4-H Poultry and Egg Conference in November. Registration begins at 3:30. Check out the state 4-H website on the Events page for all the details.



#### BUY "UGLY"

Fruits and veggies don't have to look perfect to be tasty and nutritious.



#### EAT PAST THE DATE

Dates on food packages are often about quality, meaning you can eat some foods after the "Best By" and "Use By" dates have passed.



## STATE 4-H INFORMATION:

### Change Lives, Be a 4-H Camp Counselor

4-H Memorial Camp is now accepting applications for summer camp employment. We are looking for energetic, responsible individuals to serve as counselors and program staff for 6 weeks of summer camp. We will train you for a week before the campers arrive. You'll get valuable experience working with young people while you have a great summer. We are also looking for people with lifeguard certifications, outdoor education programming experience, and arts/crafts teaching experience. Application paperwork can be found at [4h.extension.illinois.edu/programs/camping/4-h-memorial-camp](http://4h.extension.illinois.edu/programs/camping/4-h-memorial-camp). Come be a mentor to 1500 campers while creating memories and friendships that last a lifetime.

For more information, contact Andy Davis @ [Ardavis1@illinois.edu](mailto:Ardavis1@illinois.edu) or call (217) 762-2741.

### Nothing Beats Summer at 4-H Memorial Camp

**5 weeks to choose: Learn more and register online @ [go.illinois.edu/4Hcamp](http://go.illinois.edu/4Hcamp)**

Camping at 4-H Memorial Camp will open February 3. Spaces fill up immediately, so save the date on your calendar! There are 5 weeks of youth camp this year. Cost is \$250 for 4-H members or \$290 for youth not yet in 4-H. The fee includes a camp t-shirt and \$15 in credit at the Trading Post. No extra cash is needed for camp!

Week 1: June 2-6

Week 2: June 7-11

Week 3: June 14-18

Week 4: July 5-9

Week 5: July 26-30



### Shooting Sports Volunteers Needed

Many young people don't have someone to show them how to safely handle a firearm or bow. Think back to the person who taught you to shoot. The Illinois 4-H program needs adults willing to serve as mentors and share their passion of shooting sports. Here's what you need to do:

- Contact your local Extension office and complete the required forms and background checks. The local office will complete your registration.
- Complete a 3-hour online training module at home.
- Attend a 9-hour hands-on field day which runs from 9 AM to 7 PM. Check your local office to see if assistance is available for the \$85 fee. Training dates for 2020 are:

**Southern Illinois: Saturday, March 28** at Tombstone Gun Range, Marion. Register by March 18.

**Western Illinois: Saturday, June 13** at Gardner Camp, Hull. Register by June 3.

**Northern Illinois: Saturday, Sept. 12** at Torstenson Youth Education Center, Pecatonica. Register by September 2.

### Two Ways to Give to 4-H

#### Paper Clover Campaign returns in April:

It's never been easier to support 4-H. From April 29 to May 10, you can donate to 4-H at your local Tractor Supply stores as part of the Paper Clover campaign. Money donated at your store stays right in the county where it's given! Last fall, the campaign raised almost \$1 million!



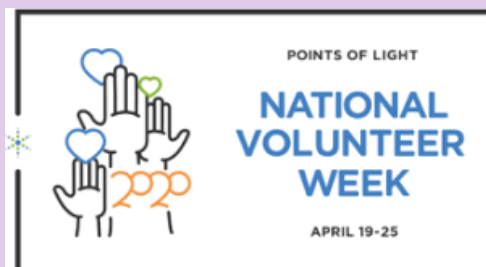
### Foundation Hall of Fame Ceremony

The Illinois 4-H Foundation will honor one volunteer leader from each county at a ceremony during the Illinois State Fair. The celebration begins at 3 p.m. Tuesday, Aug. 18 as part of Ag Day at the fair right before the Sale of Champions activities begin. Supporters and families of the recipients are welcome to attend.

## STATE 4-H INFORMATION:

### Celebrate 4-H Volunteers April 19-25

Illinois 4-H will celebrate the more than 11,000 4-H adult volunteers supporting and guiding 4-H members during National Volunteer Week, April 19-25. 4-H volunteers are the caring adults who are empowering and preparing youth for success as 4-H members provide service to others and in their communities. Today's 4-H youth are engaged in diverse learning experiences where they practice skills employers want; grow and distribute food to communities in need; steward our natural resources; identify local issues and initiate positive change in local, state, national, and global issues; and they make and influence positive choices for healthy living. All of these things happen because of engaged volunteers in local communities.



In Stephenson County, there are 98 volunteers who inspire youth involved in local 4-H programs.

4-H and their leaders include:

#### Leader

Stephanie Mitchell  
Bonnie Campbell  
Alicia Glendenning, Dean Kuper  
Denise Hayunga  
Josh & Stacey Bolen, Ann Johnson  
Bonnie Bawinkel, Rose DeVries  
Kathy Baumgartner, Sheila Keene  
Kristi Krahmer, Jamie Stabenow  
Jen Brenner, Nikki Keltner, Barb Curry  
Curt & Pennie Miller, Brenda Forth  
Becky Thomas  
Gail Engelkens  
Karen Wilhelms  
Pat Yeagle  
Courtney Cary

#### Club

Country Cuzins  
Davis Rockets  
Florence Crickets  
Freeport Fantastics  
German Valley Golden Eagles  
Harlem Helpers  
Lena Live Wires  
Lena Lucky Clovers  
Pearl City Hornets  
Pearl Valley Rangers  
Pearl Valley Rangers  
Rainbow Rangers  
Rainbow Rangers  
Snappy Snazzers  
Whiz Kids



## STATE 4-H INFORMATION:

### Look for These Changes at the Illinois State Fair

With the timing of the state fair and the anticipated start of school, the 4-H General Project Show at the state fair has been condensed to three days: Aug. 14, 15, and 16.

- Exhibits must be in place by 9:30 AM and remain on display **until 4 PM**. (new release time)
- The awards will include **Champion Medals** for the highest score in each project class and **Reserve Medals** for the second highest score in each class. Cash premiums from the state will be paid to the medal winners. **Innovation Awards** will be given to exhibits judges find inspiring, innovative, or creative and are not based on scores. Medal winners cannot receive the innovation award in 2020.
- **New projects** at the state fair include: Child Development, Leather, Sports Nutrition, Family Heritage, and Shooting Sports
- The **State 4-H Public Speaking Contest** will be held at the same time as the state fair. Youth can compete in a speech and also bring a project to the General Project Show. Youth must be selected in their county contest to advance and will speak the same day as their county exhibit day.
- **Ewe lambs** are now eligible for the premier show.
- Steers advancing to state fair **must be weighed by Feb. 29**.
- The **junior poultry show** begins Monday, Aug. 17.
- The **State 4-H Poultry Judging Contest** will be held at the state fair on Monday, Aug. 17.
- The **junior rabbit show** begins Saturday, Aug. 22.
- Check out all the livestock ownership deadlines online @ [go.illinois.edu/4Hlivestock](http://go.illinois.edu/4Hlivestock).

### Our exhibit day is August 14, 2020.

|                  |   |
|------------------|---|
| <b>August 14</b> | Bureau, Carroll, Champaign, Coles, Cumberland, DeWitt, Ford, Fulton, Henry, Iroquois, Jo Daviess, LaSalle, Lee, Macon, Marshall-Putnam, Mason, Mercer, Moultrie-Douglas, Peoria, Piatt, Rock Island, Shelby, Stark, Stephenson, Tazewell, Vermilion, Whiteside, Winnebago   |
| <b>August 15</b> | Christian, Clark, Clay, Cook, Crawford, DeKalb, DuPage, Edgar, Effingham, Fayette, Franklin, Jackson, Jasper, Jersey, Johnson, Kane, Kendall, Livingston, Logan, Macoupin, Massac, McLean, Menard, Montgomery, Ogle, Perry, Pulaski-Alexander, Randolph, Sangamon, Union, Williamson, Woodford                                      |
| <b>August 16</b> | Adams, Bond, Boone, Brown, Calhoun, Cass, Clinton, Edwards, Gallatin, Greene, Grundy, Hamilton, Hancock, Henderson, Jefferson, Kankakee, Knox, Lake, Lawrence, Madison, Marion, McDonough, McHenry, Monroe, Morgan, Pike, Pope-Hardin, Richland, Saline, Schuyler, Scott, St. Clair, Wabash, Warren, Washington, Wayne, White, Will |

### You be the Judge at Illinois 4-H State Livestock Judging Contest

June 15 | 9 AM – 4 PM

Stock Pavilion | University of Illinois, Urbana

The Illinois 4-H Livestock Judging Contest will be held Monday, June 15 at the Stock Pavilion in Urbana (1402 West Pennsylvania Ave.) beginning with registration at 8:30 a.m. All participants must be checked in by 9:30. The contest will begin at 10. Each county may enter a total of three teams, with no more than two junior teams or two senior teams. Get all the rules and details online @ [go.illinois.edu/4Hlivestock](http://go.illinois.edu/4Hlivestock). There will be three classes of beef, three classes of swine and two classes of sheep. There may also be a class of meat goats substituted for one class of the other species. There will also be a class of 15 questions (5 from a beef class, 5 from a swine class and 5 from a sheep class). Cost for each senior competitor is \$10 to cover the cost of lunch. Juniors will be dismissed by lunch to get their own meals.

## STATE 4-H INFORMATION:

### Illini Summer Academies

June 21 – 26 | University of Illinois at Urbana-Champaign

Imagine getting to work alongside university professors while you're still in HIGH SCHOOL! Imagine getting to hang out on a college campus. Imagine spending five days with kids your age from all across Illinois. That's what happens at Illini Summer Academies, so stop imagining it and just do it!

This conference runs June 21-26 on the University of Illinois campus. Explore one of 13 different programs during the week. Illini Summer Academies is supported through the Illinois 4-H Foundation and intended to serve youth living in Illinois.

Learn more @ [go.illinois.edu/illini4H](http://go.illinois.edu/illini4H). Registration opens March 16 and closes April 17.

Apply for a scholarship @ [go.illinois.edu/illini4Hscholarship](http://go.illinois.edu/illini4Hscholarship) before April 1. The scholarship covers the \$260 base cost of the conference. Any academy cost is responsibility of the attendee.

Space for each academy is limited and available on a first-come, first-served basis. Many academies reach capacity before the registration closes, so don't wait. Academies and costs include:

- **AGRICULTURAL LEADERSHIP AND COMMUNICATION.** Department: Ag Leadership, Education, and Communication. College: Agricultural, Consumer, and Environmental Sciences. Cost TBD.
- **ANIMAL SCIENCES.** Department: Animal Sciences. College: Agricultural, Consumer & Environmental Sciences. Cost: \$370.
- **BEEKEEPING.** Department: Entomology. College: Liberal Arts and Sciences. Cost: TBD
- **CHEMISTRY AROUND US.** Department: Chemistry. College: Liberal Arts and Sciences. Cost: \$280.
- **ELECTRICAL AND COMPUTER ENGINEERING.** Department: Electrical & Computer Engineering. College: Engineering. Cost: \$485.
- **GAME DESIGN: STORYTELLING AND FABRICATION.** Champaign-Urbana Fab Lab. Cost: \$335.
- **HUMAN DEVELOPMENT AND FAMILY STUDIES.** Department: Human Development and Family Studies. College: Agricultural, Consumer, and Environmental Sciences. Cost: \$295.
- **JOURNEY FROM FARM TO TABLE.** Department: Food Science and Human Nutrition. College: Agricultural, Consumer & Environmental Sciences. Cost \$360.
- **MEAT JUDGING & EVALUATION.** Department: Animal Sciences. College: Agricultural, Consumer & Environmental Sciences. Cost: \$310.
- **SUSTAINABLE SUMMER.** Department: Natural Resources and Environmental Sciences. College: Agricultural, Consumer, and Environmental Sciences. Cost: \$310.
- **MOLECULAR AND CELLULAR BIOLOGY.** School: Molecular & Cellular Biology. College: Liberal Arts & Sciences. Cost: \$385. No repeat students from last year.
- **VETERINARY MEDICINE.** Graduate College: Veterinary Medicine. Cost: \$375. Open to youth who have completed 10<sup>th</sup> grade. No repeat students from last year.
- **WORK HARD, PLAY HARD.** College: Applied Health Sciences. Cost: \$280.



# DISCOVER WELLNESS WHILE AT HOME

## 2020 WEBINAR SERIES



**April 16**  
**Who Gets  
Grandma's Pie  
Plate**

**April 23**  
**Being Mindful  
During Difficult  
Times**

**April 9**  
**Simplify Your  
Life By  
Clearing The  
Clutter**

**April 30**  
**Someday Is  
Today-Live  
Your Bucket  
List**

Featuring six dynamic sessions presented by University of Illinois Family Life Extension Educators, "Discover Wellness At Home Series" will help you and your family thrive during difficult times and decisions.

**All Sessions offered  
2:00 PM-3:00 PM  
From Your Home  
No Cost to Participate**

**Register two days  
prior to webinar**  
**Register online and view extended  
session descriptions at  
[go.illinois.edu/wellnessathome](http://go.illinois.edu/wellnessathome)**

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**For more information, contact Karla Belzer  
[kbelzer@illinois.edu](mailto:kbelzer@illinois.edu)**

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University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating  
University of Illinois Extension provides equal opportunities in programs and employment.  
If you need a reasonable accommodation to attend, call the registration office.

## NATIONAL 4-H INFORMATION:

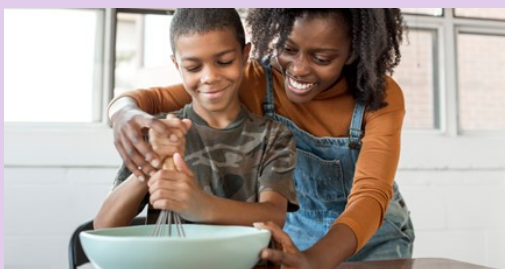


### COVID-19 AND 4-H YOUTH DEVELOPMENT UPDATE

“While this time of uncertainty has presented new obstacles to navigate, our commitment to positive youth development is unwavering. 4-H remains present to support the six million young people we serve in every county and parish and all kids who need educational resources, mentorship, and a sense of belonging in this time.” National 4-H Council President & CEO, Jennifer Sirangelo, shares a statement on COVID-19 and its impact on 4-H communities across the country

[Click Here to watch the video.](#)

### 5 Ways to Keep Kids Engaged and Learning at Home



As communities across America experience the impact of school closures it can be stressful for parents and families to find resources available to maintain a sense of normalcy and make sure kids don't get off track in their daily development. We have gathered together five sources to share with your clubs, kids and communities to keep kids busy and learning at home!

### **2021 YOUTH IN ACTION APPLICATIONS ARE OPEN**

2021 Youth in Action applications are now open! We heard from Extension professionals and students that spring is a better time for youth to apply for scholarships, so we've shifted our application season to better support 4-H'ers and professionals alike! From January 29 - April 27, youth can share their stories of developing passion, finding purpose and inspiring others by applying for the 4-H Youth in Action Awards for a chance to earn a \$5,000 scholarship and a trip to Washington, DC!

[Click Here for Youth in Action Awards Info!](#)



### **JOIN MANNA PRO IN CELEBRATING ALL 4-H'ERS**

Calling All Champions! Manna Pro is celebrating the champions in all 4-H'ers. Now through April 30, encourage your network to share their favorite 4-H photos to create a 4-H mosaic. The states with the most photo uploads could win a cash prize, plus some great coupons for all participants.

[Learn More Here!](#)

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April 2, 2020

State 4-H Shooting Sports Coordinators;

The National 4-H Shooting Sports Committee has had the 4-H Shooting Sports National Championships as well as the National 4-H Shooting Sports Teen Ambassador Training on our minds since the outbreak of COVID-19. Having given much thought and consideration to existing circumstances, the National Committee has made the decision to cancel the 2020 National Championships and to offer some form of Teen Ambassador Training in an online format. We are following the guidelines of the Center for Disease Control as well as the guiding principles issued by the National 4-H Program Leaders Working Group as rationale for our decision.

Considerations include:

- The health and safety of our 4-H youth, families and volunteers is of highest priority.
- Information received from a survey of state 4-H shooting sports coordinators indicated that at least 10 states have travel restrictions through the entire summer
- Many of the 200 plus volunteers who typically assist with the Championships fall into the high risk category of severe implications from COVID-19
- Due to existing circumstances, many states are unable to conduct their state qualifying events prior to the time we had scheduled the 2020 National Championships
- Current Stay at Home guidelines are affecting families financially
- If we were to hold the event, the quality of the experience would be diminished due to severely limited participation.

In regard to The National 4-H Shooting Sports Teen Ambassador Institute, many youth typically travel by air and to do this would put them at great risk. Additionally, the host campus site will likely remain closed throughout the summer. That said, there will be no face to face Teen Ambassador Training in 2020. Planning is in process to offer some form on online teen ambassador leadership training with plans to be announced to state coordinators by May 1.

For now, it is our intention to follow current eligibility requirements as outlined by National 4-H Guidelines for our 2021 events.

In closing, this is a decision that none of us wanted to make. However, in consideration of the health and safety of our youth, families and volunteers, we feel that this is the right decision to make at this time.

We are looking forward to returning to a traditional 2021 slate of events. In the meantime, we hope that this course of action will help us all stay safe & healthy.

National 4-H Shooting Sports Committee

## WHAT'S HAPPENING AT THE EXTENSION:



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### HEALTH AT HOME FREE ONLINE WEBINAR SERIES

Staying healthy can be a challenge, especially as more of our time is spent at home. Learn healthful strategies for enriching your wellness journey over the next two months that can change your life.



#### April 8 | **Food Rescue at Home:** *Reducing Food Waste and Reusing Leftovers*

Reducing food waste is a shared responsibility. Learn what you can do to reduce food waste at home, save money, and protect the environment.

#### April 15 | **Emotional Eating:** *Understanding How Stress Impacts Hunger and Appetite*

Increase your awareness of how emotions and stress affects eating habits, increase your ability to identify emotional triggers leading to emotional eating, and learn helpful practices to reach your wellness goals.

#### April 22 | **The Science Behind Popular Eating Trends**

Join us to explore these eating styles and learn the pros and cons of current diet trends. Plus, explore the eating plans which are evidence-based such as Mediterranean, DASH, and the USDA MyPlate.

#### April 29 | **Every Step Counts:** *Getting the Most Out of Activity Trackers*

Every step counts! Activity trackers give you an accurate count for steps, heart rate, and sleep. They are also fun; they get you off the couch and moving!

#### May 6 | **Take Your Kitchen Appliances Out for a Spin**

Did you get an electric pressure cooker as a gift and not sure what to do with it? We will share tips and tricks, recipes and food safety information, all to make your life easier and your meal plans varied!

#### May 13 | **Diabetes:** *Practicing Self-care During Difficult Times*

Managing stress during difficult times is challenging for everyone; however, if you or a loved one has diabetes, it is even more important to be intentional about managing stress.

#### May 20 | **Cooking For One**

Single-person households are on the rise and forecast to grow over the next 15 years! Cooking for one can be creative and rewarding with or without leftovers. Indulge, choose what you like to cook, and get the good smells going in your kitchen! Join us and learn some new ways to plan, shop, prepare, and enjoy meals on the smaller side.



Register online at [go.illinois.edu/HealthAtHome](https://go.illinois.edu/HealthAtHome)

All Sessions Offered: 1:00 p.m.—2:00 p.m. CT

No Cost to Participate

Register online and view extended session descriptions

For more information contact Diane Reinhold @ [dreinhol@illinois.edu](mailto:dreinhol@illinois.edu)

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WHAT'S HAPPENING AT THE EXTENSION:

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**ONLINE WEBINAR**

**Truths & Lies  
About Autism**

**6:30 PM | April 7**

**REGISTER**

[go.illinois.edu/TAPmythbusters](http://go.illinois.edu/TAPmythbusters)



**AUTISM AWARENESS MONTH**

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## WHAT'S HAPPENING AT THE EXTENSION:

MONDAY, APRIL 6, 2020

# HEMP GROWER SPOTLIGHT WEBINAR

9 A.M. VIA ZOOM WEBINAR  
REGISTER AT [GO.ILLINOIS.EDU/JSW](https://go.illinois.edu/jsw)

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AMERICAN HEMP  
RESEARCH

## The Backyard Orchard

Join Grant McCarty, Local Foods and Small Farms Educator for a  
Zoom Webinar

Friday, April 10, 2020  
10 - 11:30 AM



This course is designed for helping new and established  
backyard orchards.

Topics will include:

- Choosing the right types of fruit trees
- General pruning practices
- Day 1 planting
- Insect/disease management

To register for this Zoom Webinar please visit us at  
<https://go.illinois.edu/jsw>



## WHAT'S HAPPENING AT THE EXTENSION:

LIVE WITH THE  
**HORTICULTURISTS**  
KELLY ALLSUP + RYAN PANKAU + CANDICE HART  
WEDNESDAY, APRIL 8 @ NOON CST

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University of Illinois Extension

April 1



Gardening is such a great way to get outside and enjoy the gifts of the outdoors, but you might be wondering, how do you start? We're here to help!

LIVE with the Horticulturists returns (from our homes!) to answer your gardening questions. Whether you're new to the activity or a seasoned vet, we're here for you.

Join us right here on our Facebook page on Wednesday, April 8, at 12pm CST. Can't join us? Feel free to message us your question or leave it in the comments below! Can't wait to see you all!

Illinois Master Gardeners  
University of Illinois College of ACES

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## Emergency Foods

Pack your emergency food pantry with these foods!

### Protein

- Canned meats and fish (chicken, tuna, salmon)
- Dried or canned beans, peas and lentils
- Nut butter
- Nuts and seeds
- Eggs
- Fresh meats and fish that can be frozen
- Dried meat

### Grains

- Rice and Pasta
- Breads (English muffins, bagels, etc.)
- Cereal and oats/oatmeal
- Tortillas
- Flour
- Baking mixes (muffins, pancakes, cornbread, etc.)
- Granola bars
- Popcorn

### Fruits

- Canned fruits packed in juice
- Dried fruit
- Frozen fruit
- Fresh fruit with a longer shelf-life (apples, citrus)

### Vegetables

- Canned vegetables low in sodium
- Frozen vegetables
- Fresh vegetables with a longer shelf-life (beets, cabbage, carrots, onions, potatoes, winter squash)

### Dairy

- Fresh milk, shelf-stable milk (aseptic or powdered)
- Yogurt, kefir
- Cheese

### Other

- Pet food
- Infant formula, baby food
- Bottled water (1 gallon/person/day)
- Other bottled beverages or drink mixes
- Canned soup, broth
- Dried herbs and spices



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WEBINAR SERIES PRESENTED BY  
UNIVERSITY OF ILLINOIS EXTENSION EDUCATORS

### DON'T KILL YOUR TOMATOES

April 1, 2020  
10:30-11:30 AM

Tomatoes are garden favorites, but sometimes things just go wrong. Learn how to control the most troublesome diseases and insect pests in the home garden.

### HOW TO PLAN A COMMUNITY GARDEN

April 8, 2020  
10:30-11:30 AM

Starting a community garden is a great and rewarding project, but one that must have a thorough plan to grow from. Learn the steps to build a solid foundation for planning and managing a community garden.

### DROUGHT TOLERANT ANNUALS & PERENNIALS

April 15, 2020  
10:30-11:30 AM

Rainfall amounts can vary from year to year. Drought tolerant plants are adapted to limited water conditions or prefer a quick drying location. Discuss different annual and perennial flower options for your landscape.

### BIG FLAVORS IN SMALL SPACES: CONTAINER FRUITS

April 22, 2020  
10:30-11:30 AM

Discuss how dwarf cultivars of blueberries, strawberries, brambles, and even apple trees can be planted on your patios or small outdoor areas to provide those big fresh fruit flavors in small spaces!

### NORTHERN ILLINOIS BERRY SCHOOL

April 29, 2020  
May 6, 2020  
10:30-NOON

This 2 part program, which is focused strictly on berry production, will give an overview of production, weed and insect control, and general management suggestions and will focus on strawberries, blackberries, blueberries and raspberries.

### COLORFUL VEGETABLES

May 13, 2020  
10:30-11:30 AM

The best ways to entice new gardeners is growing unique and colorful vegetables. Learn about plant characteristics that cause these changes, and popular & new cultivars of unique vegetables.

**ALL SESSIONS OFFERED VIA ZOOM FROM YOUR HOME COMPUTER**

NO COST TO PARTICIPATE | REGISTER TWO DAYS PRIOR TO WEBINAR

REGISTER ONLINE AT: [GO.ILLINOIS.EDU/GROWINGHORTWEBINAR](http://GO.ILLINOIS.EDU/GROWINGHORTWEBINAR)

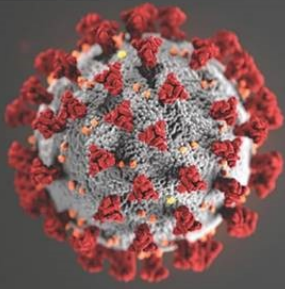
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For more information, contact Bruce Black  
[brucejb@illinois.edu](mailto:brucejb@illinois.edu)

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 email.





# ARE YOU A CANDIDATE FOR A COVID-19 TEST?

If you are experiencing mild symptoms, please **DO NOT** go to your healthcare provider's office, FHN/Physicians Immediate Care or the Emergency Department. (If you are experiencing **severe** shortness of breath or another medical emergency, go to the Emergency Department.)

The supply of COVID-19 tests is still limited nationwide, so we must screen all callers. FHN's drive-through testing site is by appointment only: Individuals who arrive at the site without appointments will not be tested.

If you or a loved one has a fever and/or signs of lower respiratory illness (cough or shortness of breath; not symptoms of a typical cold or upper respiratory illness) AND meet any of the criteria below, you **may** be a candidate for COVID-19 testing.

- Any person, including healthcare workers, who has had close contact with a laboratory-confirmed COVID-19 patient within 14 days of symptom onset
- A history of travel from affected geographic areas within 14 days of symptom onset (currently China, South Korea, Iran, Italy, parts of Europe, and Japan)
- From a congregate living or healthcare facility (staff and/or patient/resident) with clusters of infection not due to influenza and suspected to be due to COVID-19
- At higher risk for complications from COVID-19 and for whom rapid test results are more likely to impact clinical care/outcomes (adults age 65 years and older, people with chronic medical conditions and/or an immunocompromised state that may put them at higher risk for poor outcomes)
- Other persons who have been evaluated by a medical professional and are deemed high priority, including hospitalized patients with unexplained pneumonia

**To check if you have the symptoms of COVID-19, use our online screening tool at [www.fhn.org](http://www.fhn.org).**

## FIND OUT IF YOU QUALIFY FOR A DRIVE-THROUGH TEST

Call FHN's Screening Hotline  
815-599-6412  
7 a.m. – 10 p.m. weekdays

Callers to the hotline will be asked screening questions about the criteria above. Answers to these questions will determine if you meet testing criteria and will provide direction for the next course of action, which may include testing at FHN's mobile location.

FHN's mobile test site is in the parking lot of the FHN Specialty Care – Harlem Avenue, 25 North Harlem Avenue (enter from Harlem Avenue) just north of FHN Memorial Hospital. Patients arriving for testing must present a photo ID upon arrival to confirm their appointment.

**What to Expect:** The COVID-19 test is a nasopharyngeal specimen swab, sometimes referred to as an NP swab or test. A long swab is inserted deep into the nasal cavity, often around 3 inches beyond where the nose attaches to the rest of the head, until the patient coughs.

