



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

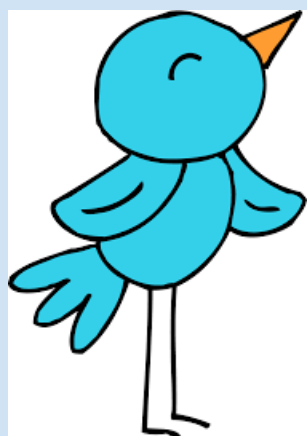
NEWSFLASH



Winnebago County
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Rockford, IL 61107
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Website:
go.illinois.edu/jsw

• **Margaret Larson**
**County Extension
Director**

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



[Find us on
Facebook!](#)

May 19, 2022

Find Your Spark!

Hello 4-H Families,

We've had a busy month of May with great programs at the Rockford Fire Station and a Swine Showmanship Clinic. We also had a family share their great experience attending 4-H Day with the Cardinals on page 3.

Fair season is among us! I have been reaching out to prospective judges, getting supplies ordered and meeting with superintendents. We are combining our horse show this year with Stephenson County 4-H and Section 1 FFA at our fairgrounds on Aug. 6. It should make for a great time for our 4-Hers! I am actively seeking judges helpers this year. Please reach out if you or someone you know is willing to be a helper— it's an easy job for General Projects Day! I am also looking for older 4-H members willing to judge Cloverbuds.

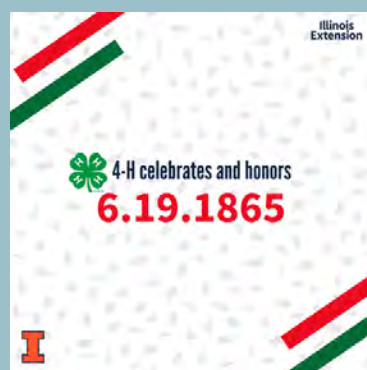
[Fair Entry](#) is open through June 10. Instructions were emailed to families on 5/3/22. Additionally we sent out Fair Briefings via snail-mail last week, so you should be receiving those soon. YQCA and/or QAEC trainings must be completed by June 1st. I need to have your YQCA certificate on file in the office by 4pm on June 1st or you cannot qualify for top awards in your project area (see page 9).

Remember BBQ/Meat Box order forms and checks are due by 4pm on Wednesday (5/25). We ask you to please try to submit 1 check for your order.

Have a great rest of your week!

~Becky Gocken

Juneteenth



4-H celebrates and honors 6.19.1865. Also known as African American Independence Day, Jubilee Day, or Freedom Day, this celebration marks a day in 1865 when enslaved Texans learned they'd be free—two months after Robert E. Lee surrendered and ended the Civil War and two and a half years after President Abraham Lincoln issued the Emancipation Proclamation. Stay tuned for an activity you can do to learn more about this day!

2022 Winnebago County Program Books Digital Version:

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 4-H FIRE STATION VISIT



On May 11, 4-H families had the opportunity to tour Rockford Fire Station #6. We learned about day to day life for our firefighters and were able to experience how heavy their gear weighs.



WINNEBAGO COUNTY 4-H DAY WITH THE CARDINALS

On May 14, 4-H families had the opportunity to attend "4-H Day with the Cardinals." The Moore family had a great time and shared their experience!



"Wow, what an adventure! I had so much fun practicing my photography skills (one of the 4H projects I'm doing!) during 'A Day with the Cardinals'! Capturing my younger brother's reaction to seeing the stadium, walking out on the field, and watching the game was SO much fun! I also got some good action shots during the game, what great practice! I can't wait to come back again next year - my family made a fun weekend out of it and had some great adventures along the way!!"



"A Day with the Cardinals felt like a once-in-a-lifetime experience! It was so fun to get to walk out on the field! This was my first MLB game, and the Cardinals ended up winning 4-0! My favorite part was seeing someone hit a home run. So cool. This is something I've asked my parents if we can come to again next year, and the year after because I had so much fun!!" - David Moore



WINNEBAGO COUNTY 4-H SWINE SHOWMANSHIP CLINIC



On May 17, Shelly Secker presented to families interested in showing swine tips and trick of the trade. She spoke about feed, grooming, exercising and preparing for showing. Payton Anderson brought his pigs for her to teach families how to work with them leading up to fair. We appreciate our swine superintendent, Amanda Anderson organizing this clinic for our families.



WINNEBAGO COUNTY 4-H INFORMATION:

Deadline
extended to
May 22!



Life at 4-H Camp

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

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 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.



WINNEBAGO COUNTY 4-H INFORMATION:

I MADE THAT!

DIY FREEZER JAM & ICE CREAM

The June cooking kits are designed to inspire the inner chef and get youth moo-ing in the kitchen for National Dairy Month. This month, learn how to make ice cream in a bag, and freezer jam with fresh summer fruit. Make the most of summer with these tantalizing recipes plus summer safety tips for bug bites, sun exposure, fireworks, and more!



Register for your kit at:
go.illinois.edu/jswIMadeThat

EACH KIT IS \$5 AND INCLUDES:

- June "I Made That!" booklet
- Freezer jam recipes
- Ice cream in a bag recipe
- Select ingredients for your recipes
- Activities and sensory evaluation

Kits will be available for pick-up beginning June 6 at one of our Extension offices in Elizabeth, Freeport or Rockford, IL.



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



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.



Winnebago County 4-H & Youth Development

BASS FISHING SPIN CLUB

June 6- 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.



Illinois Extension
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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 Agriculture, Consumer and Environmental Sciences - United States Department of Agriculture - Local Extension Councils Cooperating.

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 Agriculture, Consumer and Environmental Sciences - United States Department of Agriculture - Local Extension Councils Cooperating.



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



Winnebago County Wizarding World of 4-H

JUNE 29, 2022

Prince of Peace Church
2336 Freeport Rd, Rockton

JOIN UNIVERSITY OF ILLINOIS EXTENSION FOR A NEW YEAR OF MAGICAL FUN! THIS WILL BE A HANDS-ON LEARNING EVENT AND FUN FOR ALL AGES. REGISTRATION IS REQUIRED AND IS OPEN TO ALL YOUTH THAT HAVE COMPLETED 1ST -12TH GRADE. 4-H MEMBERSHIP IS NOT REQUIRED.

DRIVE THROUGH CHECK-IN: 9:00-9:15 AM

BROOM MAKING AND CAPE CREATION: 9:15 AM

ROTATIONS: 9:45 AM
WIZARD TOURNAMENT, CARE OF MAGICAL CREATURES, & CANDLE MAKING CLASS

DRIVE THROUGH CHECK-OUT: 12:00 PM



REGISTER AT GO.ILLINOIS.EDU/JSW
OR CALL THE EXTENSION OFFICE AT 815-986-4357

DEADLINE TO REGISTER IS JUNE 23



WINNEBAGO COUNTY 4-H INFORMATION:

4-H SUMMER SIZZLER SALE



All Proceeds Benefit the
Winnebago County 4-H Program

FUNDRAISER SPONSORED BY
WINNEBAGO COUNTY 4-H SHOWBOARD



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

"BBQ Meat" Box

ONE BOX INCLUDES:

- (8) Quarter Pound Links Bratwurst
- (4) Five ounce Butterfly Pork Chops
- (4) Quarter Pound Hamburger Patties
- (2) 10 Ounce Beef Ribeye Steaks
- 1 lb. Whole Hog Breakfast Sausage

Questions? (815) 986-4357

Pickup Your Boxes Saturday, June 11, 2022 at Extension Office Parking Lot Noon-1 pm

University of Illinois Extension—Winnebago County 1040 N. Second Street—Rockford, IL 61107

Orders due to the Extension Office no later
than May 25!

May 2022

4-H SUMMER SIZZLER SALE

Winnebago County 4-H SHOWBOARD is holding its 10th Annual 4-H Fundraiser called the "4-H Summer Sizzler Sale". This fundraiser helps support the 4-H program in Winnebago County. Our hope is that each family will either purchase for themselves or sell at least 1-2 boxes to make this a successful fundraising event.

Please see the attached ad flyer and order form for information about what is included in each box of meat. The boxes sell for \$50 each. This really is a terrific value for all the different products in the box! All the meat products are locally grown and processed at Eickman's Processing in Seward, IL.

Members should begin taking orders now and collect the money at the time of order. Order forms and payments can be turned in to the Extension office anytime between now and the end of the sale, but ALL ORDERS MUST be submitted by May 25, 2022. **Checks should be made payable to "U OF I EXTENSION—Showboard" and meat boxes can be picked up on Saturday, June 11, 2022 from Noon until 1 pm at the Extension office—1040 North Second Street, Rockford.**

Members are responsible for pick-up of their ordered boxes (or they may arrange to have the buyer pick up their own box). If the buyer would like to pick up his/her own box, please confirm the pick-up date and time with the buyer and make sure he/she knows your name and the 4-H Club you belong to. They will need to know this information in order to pick up their box. Please make a note of this on your order form when you turn it in.

Pick-up of boxes will be Saturday—June 11, 2022 from Noon-1 pm at the Extension Office—1040 N. Second Street. All orders need to be picked up at this time. All checks should be made payable to U OF I EXTENSION—Showboard

A straight donation option of \$15 is also available for families that cannot purchase or opt not to purchase or sell a box of meat. Please contact Becky at the Extension Office (815) 986-4357 if you have any questions.



Multiple random boxes will
include Special Coupons for a
FREE HAM!

Prizes will be Awarded!

- \$50 for the 4-H Member who sells the most number of Boxes
- Clubs will receive 10% of profit generated from their total sales

WINNEBAGO COUNTY 4-H INFORMATION:

I Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

2022
THEME: Find Your Spark!

Chalk the Walk

Winnebago county 4-H




June 11
9 am - 12 pm



Winnebago County Extension Office
Parking Lot

Each 4-H Club will have at least 1 allotted parking spot to decorate in the theme using sidewalk chalk (chalk not provided).

Prizes will be awarded!



NOAH'S ARK





DONATIONS

SPONSORED BY
YLT &

DROP OFF DONATIONS ON
SATURDAY JUNE 11th IN THE
EXTENSION OFFICE PARKING LOT
BETWEEN 12-1pm. YOU CAN ALSO
PURCHASE A MEAT BOX!

THEY NEED ↓

- TAPE WHITE-OUT PEN CORRECTOR
- PUPPY AND KITTEN FORMULA
- KITTEN FOOD
- BLEACH
- FABULOSO FLOOR CLEANER
- LAUNDRY DETERGENT
- GIFT CARDS FOR AMAZON, FARM & FLEET, AND MENARDS
- CAT AND DOG TOYS
- IAMS HAIRBALL DRY FOOD



<http://www.noahsarkanimals.org>

CHECK THEIR WEBSITE FOR MORE

WINNEBAGO COUNTY 4-H INFORMATION:



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 www.yqcaprogram.org 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/> .

I

Save the date

**4-H River Tubing
Float Day**

Saturday, June 25, 2022

10:30 am

 *Sugar River Adventures.com*
Rockton, IL

More information coming soon!

4-H Float Day

Saturday, June 25, 2022

10:30 am

Register at:

<https://sugarriveradventures.com/>

Use the code “4H2022” to receive
20% discount all summer long!

WINNEBAGO COUNTY 4-H INFORMATION:



WINNEBAGO COUNTY 4-H & EXTENSION FOUNDATION, INC.

1925 South Meridian Road • Rockford, Illinois 61102

BOARD OF DIRECTORS

Reita Baird, President

4-H Volunteer

Mary Ann Arenson, Vice President

4-H Volunteer

Kathy Palmer, Secretary

4-H Volunteer

Tim Russo, Treasurer

4-H Volunteer

Roger Christin

Winnebago Cty. Farm Bureau
(Ret)

John Gardner

T-Shirtz, Etc.

Connie Gleasman

4-H Volunteer

Mandi Ballard

German American State Bank

Allan Carlson

4-H Volunteer

Winnebago County 4-H &
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.

Sincerely,

Winnebago County 4-H & Extension Foundation

— Please cut along dotted line —

_____ # of gift cards x \$20 = \$ _____ TOTAL

MAIL CARDS TO: Name _____

Address _____



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 [pop-up shop in 4-H Mall](#). 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: <https://4h.extension.illinois.edu/project-resources>

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: <https://go.illinois.edu/fish4H>

May – Largemouth Bass 4-H State Tournament

June – Channel Catfish 4-H State Tournament



PRESSURE CANNER TESTING

Call Your Local Extension Office

ROCKFORD: (815) 986-4357

FREEMONT: (815) 235-4125

ELIZABETH: (815) 858-2273

**SCHEDULE
TODAY!**

**Illinois
Extension**



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 go.illinois.edu/jsw

CALENDAR OF WINNEBAGO 4-H EVENTS & ACTIVITIES

MAY, 2022

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 CLOSSES** (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 EXTENSION OFFICE IS CLOSED for Independence Day Holiday
 9 10:30 am 4-H Float Day- Sugar River- RAIN DATE
 8 9:00 am 4-H Clothing Judging – Old Stone Church
 9 2:00 pm 4-H Fashion Revue – Old Stone Church
 10 2 pm 4-H Dog SPIN Club Class
 13 4:00 pm CLUB BANNERS DUE to Extension Office
 16 9:00 am 4-H Rabbit & Small Pet Show – Fairgrounds – Building #3
 17 2 pm 4-H Dog SPIN Club Class
 22 9:00 am 4-H Dog Show- Forest City Dog Training Club, Loves Park
 23 9:00 am 4-H Cat Show – Fairgrounds – St. Mary's Building
 27 5:30 pm Setup of 4-H Building at fairgrounds – HELP NEEDED!
 29 4-H General Projects Judging Day – Fairgrounds – Buildings 3 & 4

AUGUST, 2022

1 12 pm 4-H Dog Show State Fair Entries & payments due to Extension Office
 2 8-4 pm STATE FAIR PHONE CALLS & EMAILS are made to eligible participants
 3 10:00 am 4-H Cake Decorating Contest – Extension Office
 3 1:00 pm 4-H Food Demo Contest – Extension Office
 4 12:00 pm LAST CHANCE TO REGISTER FOR STATE FAIR (If selected)
 6 8:00 am 4-H Horse Show – Fairgrounds (grandstand track area)
 10 3-6 pm Pickup of STATE FAIR eligible projects at Fairgrounds (Pecatonica)
13 Winnebago County STATE FAIR Judging Day in Springfield
 15 10 am- 4pm Building Tidy-up at Fairgrounds (Hort, Food, Crops & State Fair projects can be brought back out for display at our own county fair)
 16 Noon-6 pm Drop off any remaining Hort, Foods, Crops or State Fair projects back off to fairgrounds for our own county fair
 17-21 WINNEBAGO COUNTY FAIR



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.

ILLINOIS 4-H INFORMATION:



How will you spend your summer?

This or That



Bored Summer



Make a new friend and learn about a new culture

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: <http://www.states4hexchange.org>.

Find us on Facebook @ [facebook.com/Illinois4hexchange](https://www.facebook.com/Illinois4hexchange) or contact Illinois S4-H Coordinators: Miriam

Your Thoughts Matter Program for Illinois Teens

The topic of mental health has become widespread, but what does it really mean? What role should teens play in normalizing the conversation or helping others?

Teenagers especially need to know they can take charge of their well-being. Illinois Extension wants to help them maneuver the complexities of life, the different situations in which they may find themselves, and help them realize their potential in an online summer series called Your Thoughts Matter.

"Everyone is talking about mental health these days, and teens need to know how it affects all aspects of daily living," says Susan Sloop, Extension educator for 4-H and Youth Development. "They may think they know what mental health means, but it can be misunderstood just like any medical field."

Sloop will be leading the discussions for 13-18-year-olds on June 1, 8, 15, 22, 29, and July 6 from 3:30-4:30 p.m.

Your Thoughts Matter will teach teens definitions of common mental health disorders, the impact of mental health experiences, ways to help others, and resources available in their community.

This program is not a resource for those in crisis. If you or someone you know is struggling with a mental health issue, please seek adult or professional help immediately.

Register at <https://web.extension.illinois.edu/registration/?RegistrationID=25792>

ILLINOIS 4-H INFORMATION:



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. [Full schedule and educational session information is available online.](#)



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

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

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

Questions? Contact Curt Sinclair at Sinclair@illinois.edu



2022 4-H State Shoots – SAVE THESE DATES (but keep practicing now!)

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

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

4-H State Rifle Shoot- Saturday, Oct. 8, 2022 at Central Illinois

Precision Shooters (CIPS), Bloomington, Illinois

4-H State Pistol Shoot- Sunday, Oct. 9, 2022 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 <https://extension.illinois.edu/blmp>

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](mailto:srcarls2@illinois.edu)

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

College of Agricultural, Consumer & Environmental Sciences
University of Illinois, U.S. Department of Agriculture, and Local Extension Councils Cooperating
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Early requests are strongly encouraged to allow sufficient time for meeting your access needs.



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

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



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

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



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GOODWILL INDUSTRIES

INCLUSIVE UPCYCLED ART CLASSES

Open to Everyone!

Join us for **FREE** art classes!

WHAT: Free art classes using recycled items from Goodwill

WHO: Open to everyone. Individuals with disabilities are encouraged to attend. Children under 17 are welcome to attend with an adult

WHEN: 3rd Thursday of each month from 6:00pm to 7:00pm

WHERE: Rockford Goodwill
4618 E State St.
Rockford, IL



To register call (815) 987-6206
or use the QR code above to
register online.



This program is partially supported by a grant from the Rockford Area Arts Council which receives support from the City of Rockford, the Illinois Arts Council Agency, and its members.

