



NEWSFLASH



May 26, 2021

#Opportunity4All

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

• **Margaret Larson**
County Extension
Director

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

• **Tammy Bene'**
Office Support
Associate



Find us on
Facebook!

Good afternoon 4-H Families,

I hope this Newsflash finds you well and ready to kick off summer break! We have some very important deadlines coming up quicky– June 1st for YQCA (certificates to the Extension office), QAEC deadline, Dog lease/ownership papers to the Extension office (with photos), and numerous livestock ownership deadlines– please check the calendar on page 8.

We still have openings for our 4-H Camp on Wednesday and Thursday and have extended the registration deadline to Friday. It will be lots of fun!

Our babysitting clinic only has 3 registered participants. We need at least 10 to make this happen. I have extended the registration deadline through Monday, 5/31.

Our Bass Fishing SPIN Club still has 8 openings for participants! Be sure to register soon to reserve your spot!

Have a great rest of your week!

~Becky Gocken



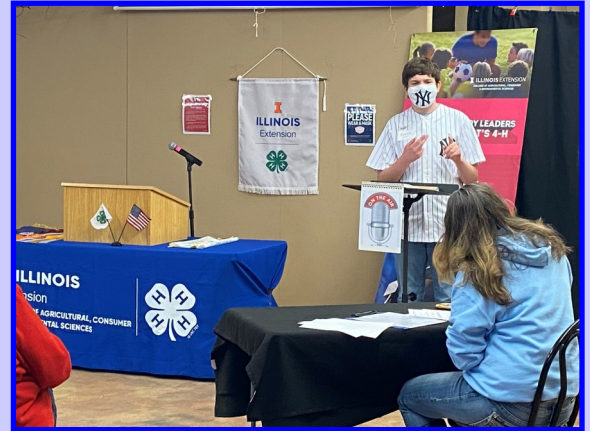
Attention 4-H Swine, Sheep, Goats, Beef and Dairy Show Participants:

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. This annual online training is \$12.

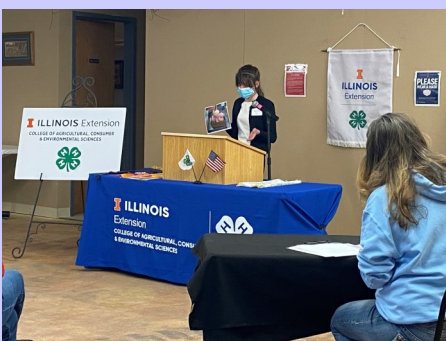
<https://yqca.learn-grow.io/Account/Login>

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, 2021! We need certificates on file in the Extension Office by June 1st as well!



Winnebago County 4-H held its first in-person 4-H contest on Wednesday, April 21, 2021 at Toni's of Winnebago Event Center. Seven area youth presented speeches on a wide variety of topics from Formal Speeches, Illustrated Speeches and including Oral Interpretations. Jackson Klinger of the Centerville Knot Ketchers 4-H Club earned the Champion ribbon, award and State Fair Delegate for his Oral Interpretation of Abbott & Costello's, "Who's on First." Makenzy Zimmerman of the Seward Determination 4-H Club earned the Reserve Champion ribbon and State Fair Delegate for her Formal Speech titled, "Recognizing Special." Kiera Brown of the Clover Crusaders 4-H Club also received State Fair Delegate for her Illustrated Speech, "How do Fast Food Chains Define Fresh?" Additionally Luke Zimmerman and Kathleen Harrington are State Fair Alternates. Jackson, Makenzy and Kiera will travel to the State Public Speaking Contest on June 5 in Decatur, IL. Luke Zimmerman, Helena Bageanis, Kathleen Harrington and Jocelyn Torres earned blue ribbons for their presentations.





Life at 4-H Camp

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

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

Camp Location

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

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



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating
 University of Illinois Extension provides equal opportunities in programs and employment.
 If you need a reasonable accommodation to attend contact the registration office at 815-732-2191

Northern Illinois 4-H Summer Camp

(4-H Camp without the overnight)

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



Cost: \$60 per day

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



Registration Information:

Register by May 3, 2021

Limited space so sign up today!

go.illinois.edu/4Hsummercamp



Contact Information:

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

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

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

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



REGISTRATION IS STILL OPEN FOR WEDNESDAY & THURSDAY!

Register early to reserve your place at camp!

Register at: <https://go.illinois.edu/4HSummerCamp>

More Information at: <https://extension.illinois.edu/bdo/northern-illinois-4-h-camp>

WINNEBAGO COUNTY 4-H INFORMATION:

JOIN UNIVERSITY OF ILLINOIS EXTENSION



Babysitting Clinic



01 AGES & STAGES OF CHILD DEVELOPMENT

02 CHOKING PREVENTION AND FIRST AID

03 BUILDING YOUR BUSINESS

COST \$5

OPEN TO ALL YOUTH 11+ YEARS OLD * MUST HAVE COMPLETED 5TH GRADE
TO REGISTER CALL 815.986.4357 OR REGISTER ONLINE @ go.illinois.edu/jsw

PRINCE OF PEACE CHURCH, ROCKTON
FRIDAY, JUNE 4, 2021
9 AM-NOON



DEADLINE TO REGISTER IS MAY 28, 2021



A MASK MUST BE WORN AT ALL TIMES
PARTICIPANTS WILL BE SOCIALLY DISTANCED
HAND SANITIZING STATIONS WILL BE AVAILABLE

If you need a reasonable accommodation to participate in this program, please contact the Extension Office at 815-986-4357 Early requests are strongly encouraged to allow sufficient time for meeting your access needs.



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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. 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 INFORMATION:



Winnebago County 4-H & Youth Development

BASS FISHING SPIN CLUB



June 7- 11, 2021



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.

****MASKS must be worn at all times. Participants will be socially distanced. Hand sanitizing stations will be available.****



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WINNEBAGO COUNTY 4-H INFORMATION:



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



Kitchen Scrap Gardening Kits

Kitchen Scrap Gardening is a great way to get youth of all ages interested in gardening while also teaching them about reusing and recycling. This project can even be used to teach about plant parts!



**Registration
Deadline is
June 9!**

University of Illinois Extension has a great opportunity for you to learn about kitchen scrap gardening through these kits that we are offering!

Kits will be \$5 a piece and will include an information packet on kitchen scrap gardening, romaine lettuce, a plastic cup, a small pot, and soil.



Register for your kits at go.illinois.edu/jsw
or by calling the Winnebago County Extension
Office at 815-986-4357



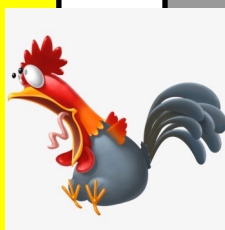
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WINNEBAGO COUNTY 4-H INFORMATION:

Attention Poultry Project

Members:

I sent an email to you from the state 4-H office today (5/25) that the Pullorum testing is required for 2021 4-H shows!



We Want You!

We are looking for individuals to help with the following:

- 4-H Dog Show Superintendent
- Holiday Light Display Committee
- Leadership & Awards Committee

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

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

TENTATIVE:

Public Speaking Contest– April 21

Dog Show– July 23

Cat, Rabbit, Reptiles & Small Pets Show– July 24 *New animals added– see Program Book

General Projects Judging and Cloverbud Show– Friday, July 30

Horse Show– August 7

Food Decorating & Demonstrations– August 4

Livestock Shows– Tuesday, August 17

WINNEBAGO COUNTY IMPORTANT DATES TO REMEMBER

MAY 2021

- 15 Fair Entry Opens for registering ALL 4-H PROJECTS for 4-H shows
- 25 Meat Box Sales & Payments due to Extension Office
- 31 Extension Office closed for Memorial Day



JUNE 2021

- 1 Ownership/ Lease Deadline for Dog Show- Due to Extension Office
- 1 Ownership deadline: Beef Heifers, Beef Bucket Calves, Dairy Goat Kids, Dairy Goat Yearling (not in milk), *ALL Pygmy Goats, Dairy Calves & Heifers, All Poultry, Rabbits & Cavies (No paperwork to Ext. Office)
- 1 YQCA and/or QAEC Certification Deadline
- 4 9-12 pm Babysitting Clinic Prince of Peace Church, Rockton
- 5 Illinois State 4-H Public Speaking Contest, Richland Community College, Decatur
- 5 4-H Shooting Sports Leader Certification Training
- 7-11 11am-12 pm (longer on Friday) 4-H Bass Fishing SPIN Club, Torstenson Center, Pecatonica
- 13 Meat Box Pick Up, Noah's Ark Drop Off, Chalk the Walk Event, Ext. Office
- 15 Fair Entry Enrollment Deadline for ALL 4-H SHOWS
- 15-17 9am-8pm 4-H Day Camp- no overnight, Rock River Christian Camp, Polo **Becky out of the office
- 25 Breeding Sheep Ownership deadline
- 30 9-12pm Wizarding World of 4-H Day Camp, Prince of Peace Church, Rockton

JULY 2021

- 5 Extension Office Closed for Holiday
- 23 4-H Dog Show, Forrest City Dog Training Club, 9 a.m.
- 24 4-H Cat Show, St. Mary's Building- Fairgrounds, 8:30 a.m.
- 24 4-H Rabbit, Reptile & Small Pets Show, 11:30 a.m.
- 24 4-H Shooting Sports Leader Certification Training
- 30 General Projects Judging- Fairgrounds- Times TBA- "Sign Up Genius" for Times

4-H Shooting Sports Leader Certification Training

Two 4-H leader certification trainings are scheduled for June and July. Shotgun, Rifle, Archery, Pistol, Hunting/Outdoor Skills, and Coordinator disciplines offered. These are one-day only!

June 5, 2021 at 4-H Memorial Camp, Monticello, IL (central IL)

July 24, 2021 at Gardner Camp, Hull, IL (western IL)

Contact your local U of I Extension Office for registration information. <https://4h.extension.illinois.edu/programs/shooting-sports/4-h-shooting-sports-volunteers>





WINNEBAGO COUNTY
4-H & EXTENSION FOUNDATION, INC.

1925 South Meridian Road ■ Rockford, Illinois 61102

BOARD OF DIRECTORS

Mary Ann Arenson, President
4-H Volunteer

Richard Koch
4-H Volunteer

Roger Christin
Winnebago Cty. Farm Bureau
(Ret)

Kathy Palmer
4-H Volunteer

Reita Baird
4-H Volunteer

Chelly Harkness
Swedish American Health System
(Ret)

John Gardner
T-Shirtz, Etc.

Connie Gleasman
4-H Volunteer

Tim Russo
4-H Volunteer

Winnebago County 4-H &
Extension Foundation, Inc. is a
charitable 501(c)(3) organization,
and donations are tax deductible

Spring has sprung, and Mother's Day is just around the corner. Are you looking for that special gift? Do not know what to get? We have the perfect thing! Easy to get, easy to use.

Winnebago County 4-H & Extension Foundation is having a spring fundraiser. We have partnered with Didier Greenhouses (4601 West State Street, Rockford) to bring you \$20 gift cards. They are perfect for that Mother's Day gift, flowers or veggies for the summer garden.

Winnebago County 4-H & Extension Foundation helps support the University of Illinois Extension in its efforts and programs—such as 4-H—through acquiring and managing funds and assets. Your continued support and donation to our 501(c)(3) non-profit foundation help us support local youth and local programs.

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 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 _____

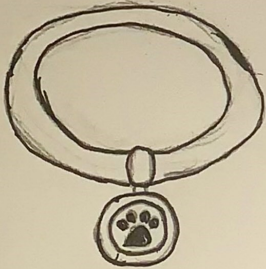
City _____ State _____ Zip _____



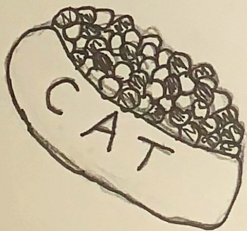
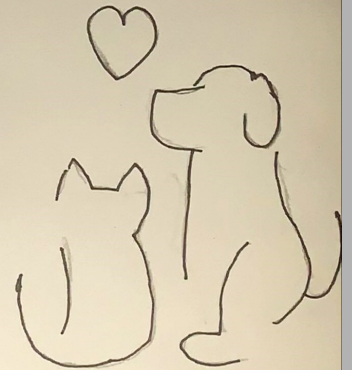
NOAH'S ARK

DONATIONS

SPONSORED BY
YLT &



DROP OFF DONATIONS ON
SUNDAY JUNE 13th 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 Youth Leadership Team

Noah's Ark Donation Drive

Drop Off Location: Winnebago County Extension Office

When: June 13, 12-1 pm During the Meat Box Pick up



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

2021

THEME: #OPPORTUNITY4ALL

Chalk the walk

Winnebago county 4-H



June 13
9 am - 1 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!

Please email Becky at rgocken@illinois.edu if your club is planning to attend!

Masks & social distancing required by all in attendance.



Parents, Grandparents, and 4-H Youth

Compeer Financial has been a longtime supporter of 4-H youth through donations and actively attending the county 4-H Livestock Auction in the past. We would like to continue to support our local youth's 4-H experience by broadening our approach and providing all 4-H members in our area a donation.

In order to qualify, 4-H members must submit an essay describing their 2021 project, what they learned completing their project and knowledge gained. We ask that the essay be at least 150 words and picture of the member with their project when possible. The 4-H member's name and address must be included with the essay. Essay form is attached and needs to be submitted to Compeer Financial by September 1st, 2021. The amount of each award will be determined by the final number of applicants and will be delivered by mail.

Please mail your essay to:

Compeer Financial
c/o 4-H Awards
651 W Meadows Drive
PO Box 719
Freeport, IL 61032

ILLINOIS 4-H INFORMATION:

ANNOUNCING THE BOGS DESIGN A BOOT 4-H THEMED CONTEST

Design your own @4-H boots!
Enter your 4-H inspired design into the BOGS Design a Boot Contest for a chance to have your own custom art chosen and its pattern reproduced on a limited-edition @bogsfootwear boot! Learn more and submit your design by 6/1 at <https://bit.ly/3uXG985>.
#Opportunity4All

4-H Family Camp

Experience the fun of summer camp right along with your kids!

Enjoy your own family cabin for a three-day, two-night retreat right in central Illinois. While at camp your family can swim, boat, shoot archery, climb the rock wall, make arts & crafts, fish, take hayrack rides, participate in S.T.E.M. activities, hike, make s'mores over a campfire, and so much more!

Ready to camp? Sign up for the June 6-8, June 18-20 or July 9-11 sessions at 4-H Memorial Camp in Monticello, IL here:

<https://go.illinois.edu/4Hcamp21>



Illinois Extension 

Are you ready for family fun
That Makes a Splash?

 Experience the fun of summer camp together as a family at 4-H Family Camp

**I PLEDGE
MY HANDS TO
LARGER SERVICE**



Illinois
Extension



We want to hear how you are impacting your community!

Register your service outreach efforts (or outreach plans!) for the months of **March, April, May and June** that demonstrate support of your communities. Register [here](#).

ILLINOIS 4-H INFORMATION:



The Blue Ribbon Project contest is back for another year! This project was created last year as a way to support youth who had their local fairs cancelled due to COVID-19. Many fairs will resume this year but they may look a little different than in the past, so we are once again committing to honoring the kids and their projects. Learn more at compeer.com/blueribbon.

Deadline is June 1, 2021

Travel abroad with 4-H

Start planning now for a trip in 2022.

Are you curious about daily life, culture, and youth programs in other countries? Travel abroad with 4-H and experience foreign countries for a month-long cultural immersion experience. Delegates live with volunteer host families and engage in experiential learning about a new way of life.

TRAVEL PERIOD: 4 –8 weeks (dates vary by program June-August 2022)

REQUIREMENTS: Youth ages 12-18 (some programs 15-18)

Cost: \$2700-5000* Based on previous years (price varies by year, program and length of stay)

RECRUITMENT PERIOD: September-November

<https://www.states4hexchange.org/apply/go-abroad/>

Costa Rica · Japan · Korea · Norway · Finland · Romania · Taiwan · Argentina

*Country availability changes each year



Where will you explore in 2022?
Costa Rica · Japan · Korea · Norway · Finland · Romania · Taiwan · Argentina

For more information, visit <https://www.states4hexchange.org> or contact us by email:

Miriam Rosenbohm at rosenbohm07@comcast.net or Elisha Hughes at ehugh2@illinois.edu

<https://www.facebook.com/illinoisstates4hexchange/> Instagram [@states4hinternational](https://www.instagram.com/states4hinternational)

ILLINOIS 4-H INFORMATION:

June

Horse Show Events at the Illinois State Fair Grounds

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1	2 Region XI Arabian Show Non Fair Show	3 Region XI Arabian Show Non Fair Show	4 Region XI Arabian Show Non Fair Show	5 Region XI Arabian Show Non Fair Show
6 Region XI Arabian Show Non Fair Show	7	8	9	10	11	12
13	14 Set up for Midwest Charity Non Fair Show	15 Set up for Midwest Charity Non Fair Show	16 Set up for Midwest Charity Non Fair Show	17 Midwest Charity show starts Non Fair Show	18 Midwest Charity Show Non Fair Show	19 Midwest Charity Show Non Fair Show
20 Take down Midwest Charity Décor Non Fair Show	21 Western Show Appaloosa & POA Show Move in State Fair Show	22 Western Show Appaloosa & ? POA Show State Fair Show	23 Western Show Appaloosa & ? POA Show State Fair Show	24 Non Fair Show	25 Non Fair Show	26 Centerline Dressage Show Non Fair Show
27 Centerline Dressage Show Non Fair Show	28 Non Fair Show	29 Western Paint Show Move in State Fair Show	30 Western Paint Show State Fair Show			

2021

July

Horse Show Events at the Illinois Fair Grounds

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 Western Paint Show AQHA move in State Fair Show	2 Western AQHA Show State Fair Show	3 Western AQHA Show Barrel Racing in MPA State Fair Show
4 Barrel Racing in MPA State Fair Show	5 Palomino World Show Move in Non Fair Show	6 Palomino World Show Non Fair Show	7 Palomino World Show Non Fair Show	8 Palomino World Show Non Fair Show	9 Palomino World Show Non Fair Show	10 Palomino World Show Non Fair Show
11 Palomino World Show Non Fair Show	12 Palomino World Show Non Fair Show	13 Palomino World Show Non Fair Show	14 Palomino World Show Non Fair Show	15 Palomino World Show Non Fair Show	16 Palomino World Show Non Fair Show	17 Palomino World Show Non Fair Show
18 Clean Stalls	19 Western Reining Show move in State Fair Show	20 Western Reining Show State Fair Show	21 Western Reining Show State Fair Show	22 Western Reining Show State Fair Show	23 Western Reining Show State Fair Show	24 Western Reining Show State Fair Show
25 Jr Horse Show Schooling over jumps. In the After noon 4:00 to 8:00	26 Jr Horse Show English Dressage, Jumping Hunt Seat Saddle Seat	27 Jr Horse Show English Showmanship Conformation Equitation	28 Jr Horse Show Tail Class, Traditional & Stock Pattern Costume Class Scholarship Class	29 Jr Horse Show Western Ranch Riding & Pleasure & Horsemanship	30 Jr Horse Show Western Horsemanship Gymkhana in the MPA in the afternoon	31 Jr Horse Show Western Conformation Showmanship, Egg & spoon Versatility

2021

ILLINOIS 4-H INFORMATION:

August

Horse Show Events at the Illinois State Fair Grounds

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 Jr Horse Show Western Pleasure Reining State Fair Show	2	3	4	5	6 Society Horses move in	
8	9 1 st Session Society Horse Show	10 1 st Session Society Horse Show	11 1 st Session Society Horse Show	12 1 st Session Society Horse Show State Fair Starts	13 1 st Session Society Horse Show Draft Horse move in	14 Draft Horses move in Livestock show of champion
15 Draft Horse Show	16 Draft Horse Show	17 Draft Horse Show Livestock Sale	18	19 2 nd Session Society Horse Show	20 2 nd Session Society Horse Show	21 2 nd Session Society Horse Show
22 Draft Horse Pull in the afternoon	23	24	25	26	27	28 Western Mounted Shooting State Fair Show
29 Western Mounted Shooting State Fair Show	30	31				

2021

2021 Illinois 4-H Dates

- May 31 DEADLINE: State 4-H Public Speaking Contest Submissions Due
- June 4 State 4-H Livestock Judging Contest
- June 5 4-H Shooting Sports Leader Training at 4-H Memorial Camp
- June 5 State Public Speaking Contest
- June 27 – July 1 Illini Summer Academies (Virtual)
- July 11- 23 Discovering STEM in ACES is a two-week virtual experience
- July 24 4-H Shooting Sports Leader Training at Camp Gardner in Hull
- July 25 – August 1 ISF Junior Horse Show
- July – August In-Bound Summer 2021



**Hunters
Donate
Deer
Survey**

**Illinois
Extension**

go.illinois.edu/HuntersDonateDeerSurvey

WHAT'S HAPPENING AT THE EXTENSION:

Learn to eat healthy as you support local growers in a monthly series by University of Illinois Extension experts. Each webinar begins at noon and lasts 30 minutes. Nutrition experts will be available to answer questions.

Topics will include: Community Supported Agriculture (CSA), Farmers Markets, Preserving and Storing your Harvest. For more information visit

go.illinois.edu/jsw.



Move more for better health

No matter your age, everyone can benefit from physical activity. Physical activity is a cornerstone for wellness and plays a significant role in improving brain health, strengthening bones and muscles, and reducing the risk of many chronic health conditions. Whether you are looking to prevent or manage a chronic illness or simply want to improve your ability to do everyday activities, this workshop is for you.

Join University of Illinois Extension Nutrition and Wellness Educator Diane Reinhold, Tuesday, June 22, from 1-3 PM for “*Move More for Better Health*.” This virtual event is free. However, preregistration is required. We will provide insight into the many health benefits of physical activity during this workshop and share resources and tips for activities you can do without even leaving the house.

Beat the registration deadline of June 20 and receive your link to join the presentation. For more information on this program, or if you need a reasonable accommodation to participate, please contact our office at (815) 986-4357, or visit us online at go.illinois.edu/jsw.

Living with Arthritis Can be a Challenge

Arthritis is a condition in which one or more of your joints become inflamed, often leading to stiffness, soreness, and in some cases, swelling. This disease affects the lives of more than 54 million adults in the US, with more than 21 million having osteoarthritis. However, certain lifestyle behaviors could help improve your joint health and help prevent, relieve, and manage its symptoms.

University of Illinois Extension Nutrition and Wellness Educator Diane Reinhold will be offering an educational workshop, “*Living with Arthritis*.” During this workshop, we will provide insights into the most common forms of arthritis. You will also learn how diet, physical activity, and maintaining a healthy body weight can help manage symptoms.

This workshop will be held Thursday, June 3, from 1– 3 PM. This virtual event is free but preregistration is required in order to receive the link. For more information on this program or if you need a reasonable accommodation to participate, please contact our office at (815) 986-4357 or visit us online at go.illinois.edu/jsw.



WHAT'S HAPPENING AT THE EXTENSION:

Four-State Dairy Nutrition and Management Conference goes virtual on June 9 & 10

Learn the latest information in dairy nutrition and management by attending the virtual 2021 Four-State Dairy Nutrition and Management Conference on June 9-10. The new format is designed to improve the participant experience.

June 9 and 10 will feature live morning sessions designed to promote interaction and discussion between participants and the speakers. All presentations will be pre-recorded and will be made available to participants for viewing before the conference and for 60 days after the conference. General sessions will also have a live component with speakers providing a 5-minute live summary of their recorded presentation. This will be followed with a 45 minute to one hour question and discussion period between session speakers and participants. We encourage participants to watch the recorded presentation before the conference and come with your questions. Breakout session will not have a live component, but you will be able to contact speakers directly with your questions.

The June 9 morning session will feature Dr. Bill Weiss, Ohio State University discussing updated energy systems for dairy cows. Dr. Jim Drakley, University of Illinois will be explaining a new system for determining the nutrient requirements of young dairy calves. This will be followed by a panel discussion featuring Bill, Jim and nutritionists sharing their ideas of how we will be feeding cows in the future.

The June 10 session will feature a discussion on hypocalcemia treatment and prevention featuring Dr. Jesse Goff, Iowa State University and Dr. Laura Hernandez, University of Wisconsin. Another morning session will focus on improving lactation performance using high digestible forage featuring Dr. Kan Kalscheur, USDA Forage Research Center discussing their lactation research on reduced lignin alfalfa. Dr. Luiz Ferreretto, University of Wisconsin will discuss corn silage fiber digestibility.

For details and to register, visit <http://fourstatedairy.org/>, conference registration fee is \$100. This conference is a collaborative effort of Iowa State University Extension, University of Illinois Extension, University of Minnesota Extension and University of Wisconsin-Extension.

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