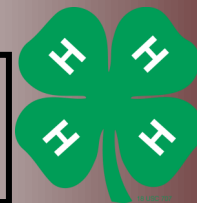




Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

NEWSFLASH



September 23, 2021

Find Your Spark!

Stephenson County
2998 W. Pearl City Rd
Freeport, IL 61032
P: (815) 235-4125
F: (815) 232-9006
Website:
go.illinois.edu/jsw

• **Margaret Larson**
County Extension
Director

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

• **Julie Miller**
Office Support
Assistant



Find us on
Facebook!

4-H Families , Leaders, & Volunteers,

National 4-H Week is October 3-9, 2021! Our theme this 4-H year is **FIND YOUR SPARK!** We have some fun activities planned for you, your family, & your clubs that will help you get into the spirit of our new 4-H year. On a multi-county level we have joined with Jo Daviess & Winnebago counties on a virtual scavenger hunt! (see details inside) On a county level we have a spirit-themed week planned with prizes for the top club and top 2 members that participate! I know many of you are promoting 4-H within your club & communities in other ways too! That is what National 4-H Week is about! Sharing what 4-H is all about and “sparking” interests in others. I hope that you will join in with these activities and have some fun as we kick-off our new 4-H year!

Enrollment is now open on 4honline! As a reminder every year you do have to re-enroll in 4-Honline. This lets us know on a county & state level that you are participating in 4-H this year, what club you are joining, & what projects you want to do. Instructions on how to enroll are attached to this E-news & and will be mailed out to you as well! The deadline to re-enroll is December 1, 2021.

Lastly, please **SAVE THE DATE-** October 16th, for our Annual Awards & Volunteer Event! Invites are going out next week!

Til' next time,

~Brenda



NATIONAL 4-H WEEK OCTOBER 3-9, 2021

**Discover 4-H with
Stephenson County
815-235-4125**



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



Join the fun for National 4-H Week!

- Download the Goosechase app to your mobile device, and starting October 3rd– the 9th find some of the things on the scavenger hunt! All you have to do is snap a pic or send a video– it tells you in the app what to do! The more kids that join in the better!!! We are vs. Winnebago & Jo Daviess counties for bragging rights here! Top 2 individuals will receive a prize as well! Find instructions on page 4 & 5.
- We have planned a themed week of “find you spark” on the county level! See the next page of what we have planned for each day! By sending a picture to Brenda in e-mail—puts you & your club into the drawing for prizes! There are 7 days and something new each day– this can get your name & club into the pot 7 times per child– IF you participate each day!! Send pics to bheimann@illinois.edu
- We will have the photos from this page running on billboards in Stephenson County starting next week thru the 16th of October. (top photo is Cheyenne Handsaker of the Pearl City Hornets, this will be on Rafter’s billboard outside Lena, IL. Bottom photo is Coleton Meier of the Country Cuzins, this ad will run by Higher Grounds/McDonalds in Freeport, IL)

NATIONAL 4-H WEEK OCTOBER 3-9, 2021

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Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN





National 4-H Week– October 3-9

Stephenson County 4-H is excited to celebrate National 4-H Week! Each day we have a “spark” planned– all you have to do is take a picture & send it to bheimann@illinois.edu showing you doing that “spark!” We have prizes for the Top Club & Top (2) 4-H members who participate!!!

Let’s have some fun!

October 3– Download & participate in our Goosechase Virtual Scavenger Hunt (Us versing Winnebago & JoDaviess Counties) *see separate handout*

October 4– **S**pread some kindness– Make a kindness rock & go hide it somewhere for someone else to find.

October 5– **P**ick something to do that is helpful for someone else.

October 6– **A**sk a friend to come to a 4-H meeting or event!

October 7– **R**each out to your leader and thank them for all they do for you & your club.

October 8– **K**nockout Friday– dress up in your 4-H swag!

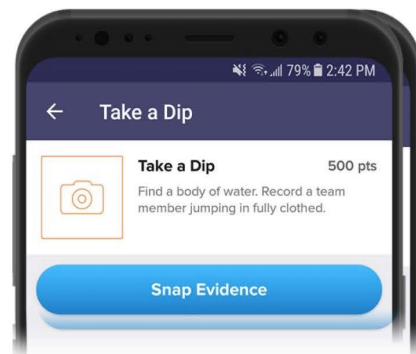
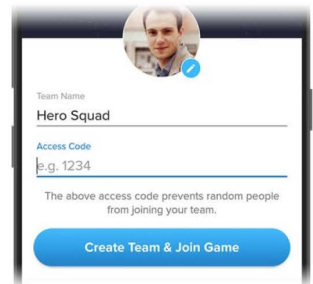
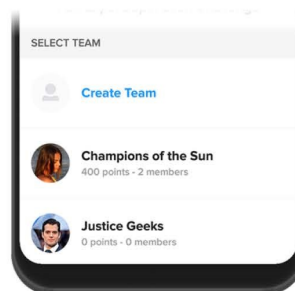
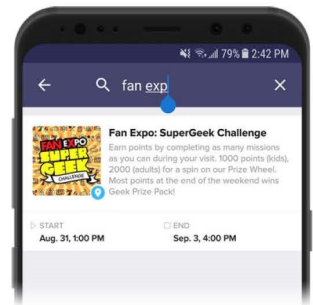
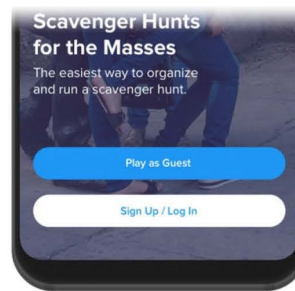
October 9– Community Service Saturday– Make a card(s) for shut-ins, have your leader bring them to the office and we will disperse them to the local nursing homes.



PLAYER INSTRUCTIONS



1. Download the GooseChase Android or iPhone app.
2. Choose to play as a guest; or register for a personal account with an email, username, and password of your choice.
3. Tap the search icon and enter JSW 4-H National 4-H Week, or game code **7ZXGK1**. You will need to enter the password: **jsw4H**
4. You will be playing as part of a team, please select your team (county name) from the list.
5. Once in the game, you will be presented with the missions you and your team are attempting to complete. Mission types can include Photo/Video and/or Text. To complete a mission, select it from the list and hit the “Snap Evidence” button.



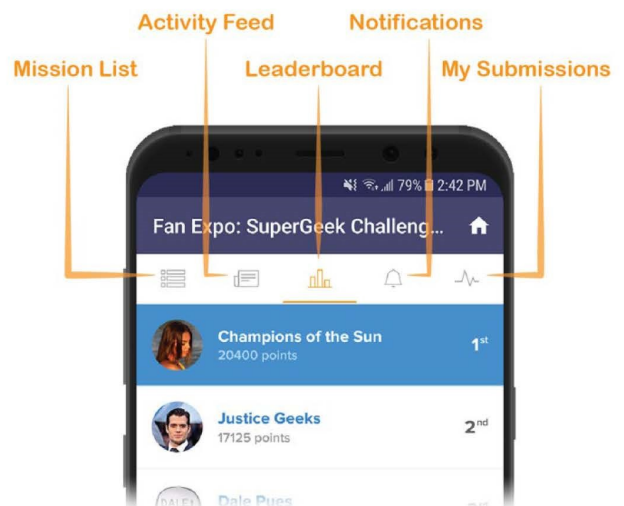
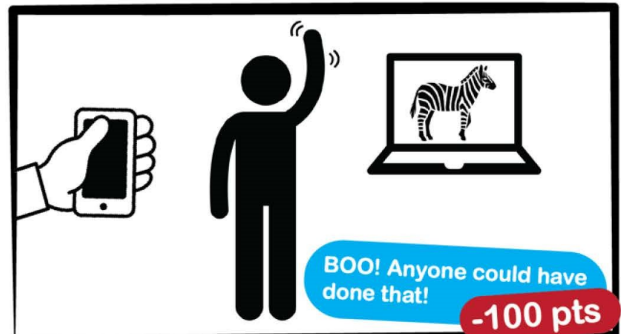


6. Make sure you're completing missions accurately! (e.g. "take a picture with a zebra" means take a picture with a real zebra, not next to a zebra on a computer screen)

Your game organizer can deduct points from your team if your submission falls short.

Bonus points can also be awarded to missions accomplished in extraordinary fashion!

7. Using the navigation tabs, you can keep track of how you are doing via the activity feed and the leaderboard, see notifications from the game organizer or review (and resubmit) your previous submissions.
8. Check back daily... new missions will be added throughout the week.
9. Most importantly, Have fun! Get creative, interact with fellow players and don't be shy!





2021-2022 Stephenson County 4-H Calendar of Events

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

SEPTEMBER 2021

6	Extension Office Closed for Labor Day
10	All Award Applications due, Secretary & Treasurer Books due to Extension Office
14-15	All- Team Training, Springfield, Brenda Out of Office
17	Re-enrollment 4-H online opens (tentative- please wait for an email from me)
22	Leader's Meeting, HCC – 6 pm
29	Leadership & Awards Committee, Judging 6pm- till done
30	Standing Together Taking Action (STTA) State SPIN Club Application Deadline

OCTOBER 2021

1	Illinois 4-H Jr. Leadership Conference Deadline
3-9	National 4-H Week Celebration- Find Your Spark
16	4-H Award & Volunteer Recognition Event, Farm Bureau Building 210 W. Spring St. – Freeport, 2-4pm
16-17	Illinois 4-H, Jr Leadership Conference, Decatur, IL
21	Pumpkin Program for ages 5-12, at CHOM- Children's Hands-On Museum 4-5 p.m. pre-register on CHOM webpage- led by Brenda

NOVEMBER 2021

20	SC 4-H Ambassador Meeting, 1-2 p.m/ Building R, HCC
25-26	Extension Office closed for Thanksgiving

DECEMBER 2021

1	Re-enrollment deadline for returning 4-H members-
24– Jan. 4	Office closed for holidays (Re-open Monday, January 4, 2021)

JANUARY 2022

1	Beef Steers, Beef Perf. Cows, & Milking Dairy Goat ownership (No paperwork to Ext. Office)
16	Ski Day, more info to come *TBA*
17	Extension Office Closed for Martin Luther King, Jr. Day
22	SC 4-H Ambassador Meeting, 1-2 p.m., HCC- Building R
23	Ski Day- SEVERE Weather date
31	Program Book Artwork Contest Deadline

FEBRUARY 2022

1	New Member Enrollment deadline
1	Add/Drop Project Deadline for all members
3	Beef Weigh-In Registration Deadline
5	Beef Weigh-In, Lena Vet Clinic

Stephenson County 4-H News

Community Service Project for October—

Card Making for residents at local nursing homes! As part of our National 4-H week we are having a card making day. Please drop off or send your homemade cards to the Extension office by October 22nd!



We will be dispersing them to several different nursing homes to help cheer up those that can't get out and enjoy this beautiful fall weather.

Award & Volunteer Event 2021

October 16th, 2 p.m.



At the Farm Bureau Building, 210 W. Spring St. Freeport, IL

- ◇ This will be a dessert only event
- ◇ Invites will be going out next week! R.S.V.P is required
- ◇ We will be having an online registration for the event, to help monitor our available seating.

*This event recognizes youth who have received an award for records, 1st year membership, officer records, &/or the Excellence award, as well as our Stephenson County 4-H leaders & volunteers!

4-H RE– ENROLLMENT is OPEN!!

4honline is now OPEN and ready for you to re-enroll in the 2021-2022
4-H year!

Log in at: <https://v2.4honline.com/>

*Enrollment instructions are included as an attachment to this e-news!

*DEADLINE is December 1st, 2021

**ENROLL
NOW**



Manual Ordering for 2021-2022!

New this year, All manuals will be ordered by the parents! Illinois 4-H has made a pop-up shop online and almost all manuals are able to be ordered through this shop. PLEASE READ the attachment to this E-news, that explains how to do this!



Brenda is available to answer any questions regarding manuals, please reach out to her at 815-235-4125 or bheimann@illinois.edu

Stephenson County 4-H News



2021-2022 New 4-H

Projects:

*Cover Crops

*Quilting

- ⇒ For more info on Cover Crops go here: <https://covercrops.cemastprojects.org/>
- ⇒ For More info on Quilting: Check out: <https://4h.extension.illinois.edu/members/projects>

Are you looking for more ways to help your child learn & engage with 4-H?

Illinois 4-H has many resources that can help!!

Check out the 4-H Spark Sheets—

<https://4h.extension.illinois.edu/project-spark-sheets>

And 4-H At Home—

<https://4h.extension.illinois.edu/>



STEPHENSON COUNTY 4-H NEWS

4-H Ambassadors



WHAT—is a 4-H Ambassador? A 4-H Ambassador is a youth voice in promoting the 4-H program here in Stephenson County and across our state! 4-H Ambassadors role model good leadership skills to their younger peers & help bring awareness to the community of what 4-H is all about!

WHO— who can be a 4-H Ambassador? Youth who are at least 11 years old and have been in 4-H for at least a year, and are able to meet 1 time a month as a team.

WHY— why would you want to be an ambassador? It helps you build leadership skills, prepares you for speaking in front of others, builds new friendships, provides you with positive youth development & knowledge, & gives you a voice in the 4-H program!

**Now is the time to enroll, if you would like to be a 2021-2022 4-H Ambassador
in**

Stephenson County!

Contact Brenda or a current Ambassador, if you would like an application!!

- ◆ Team Building Activities
- ◆ Community Service Projects
- ◆ Giving Presentations
- ◆ Games & Fun
- ◆ Food
- ◆ Mentoring



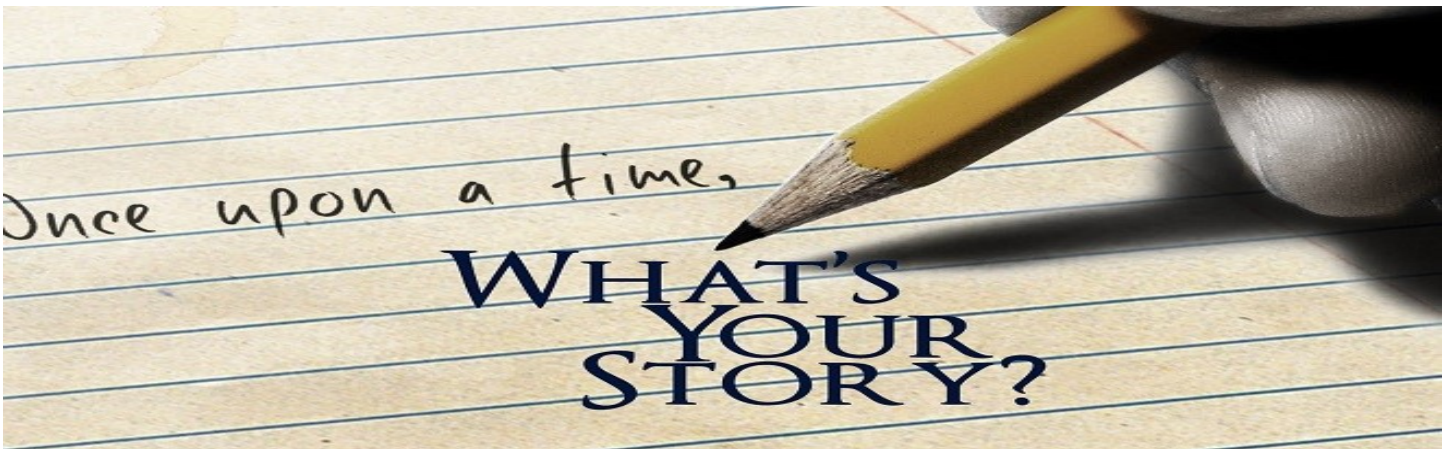
New Things Happening in Illinois 4-H

Do you like to write? Illinois 4-H is offering a CREATIVE WRITING contest! Use the prompt: “4-H ALLOWS ME TO BE.....” to write an essay, song lyrics, poetic forms, word art, short stories, or a speech! Your finished project should be: your original work, less than 500 words in length, & something that tells your story & inspires you!

If your work is chosen, you will be asked to submit at a later date:

- Your final piece written in your own handwriting for the final publication
- A picture of yourself for publication and social media promotion
- A video of you performing your piece (reading your poem, singing your song, etc.)
- A talent release for releasing your work for publication in the 2021-2022 Cloverseed

Submissions are due by Friday, September 24th at 5p.m. winners will be notified the following week. This is open to ALL 4-H members. Please submit your work through JotForm: <https://form.jotform.com/212454747041149>



The **State 4-H Livestock Ambassador Team** is looking for new teammates this year!

You must be ages 16-21, as of Sept. 1, 2021!

Contact Brenda for more info, 815-235-4125.

New Things Happening in Illinois 4-H

2021 Illinois 4-H Junior Leadership Conference presents ...

The Game of Leadership

October 16-17, 2021



Conference location: Decatur Hotel & Conference Center, 4191 US 36 West, Decatur, IL 62522; Hotel phone: 217-422-8800

Open to: any 4-H member in 7th or 8th grade

Cost: \$50 (t-shirt, lunch, conference supplies and activities)

Registration deadline: October 1, 2021

- Registration is limited to the first 25 youths who register for each day.

Participants are encouraged to register early as this conference usually reaches capacity before the registration deadline. A waitlist will be activated once capacity is reached.

How to register: Participants may visit the event website, go.illinois.edu/4Hjlc to register. Link is in the green box on the right side.

Required forms: Participants need to submit an **Emergency Medical form**. Fill in the form, sign and email to Katie LaPointe, klapoint@illinois.edu by **October 1, 2021**. The Code of Conduct and Media Release Forms will be reviewed and accepted online during registration.

Contact Brenda for more details if you are interested in attending! 815-235-4125

New Things Happening in Illinois 4-H

Extended to Sept.
30th!!!



Standing Together Taking Action (STTA) 4-H SPIN Club

Navigating Social Justice for Teens

Social justice is the view that everyone deserves equal economic, political and social rights and opportunities.

A 7-PART
VIRTUAL
SERIES FOR
YOUNG
LEADERS AGES
13 & OLDER

**October 5th & 19th
November 2nd, 23rd & 30th
December 4th & 21st**

STTA Club meetings will
be held from
5:30 pm - 7:00 pm CST.

TOPICS INCLUDE: LEADERSHIP, RACIAL EQUITY, CONFLICT
RESOLUTION, SERVICE LEARNING & MORE!

APPLY BY SEPTEMBER 15, 2021
TO APPLY: [HTTPS://GO.ILLINOIS.EDU/STTA](https://go.illinois.edu/stta)

EXPLORE SOCIAL JUSTICE IN A RESPECTFUL AND
NON-JUDGEMENTAL ENVIRONMENT

What's HAPPENING at the EXTENSION:

Food Certified Food Protection Manager Course : This is a two-part class and is American National Standards Institute (ANSI) accredited course, which meets the Illinois Department of Public Health's Food Service Sanitation Code Requirements.

The class will take place locally at the Stephenson County Farm Bureau— 210 W. Spring St. Freeport, IL on Tuesday, November 30 from 9 AM –3 PM AND Friday, December 3 from 9 AM– 3 PM

Visit our website for more information on this course, or to register at: go.illinois.edu/jsw



Healthy Behaviors for a Healthy Immune System

We want to do all we can to protect ourselves and our loved ones from getting sick. While no one food or healthy lifestyle behavior can prevent illness, you can help boost your immunity with a healthy balance of nutrient-rich foods, adequate sleep, physical activity, and managed stress.

Join University of Illinois Extension's Nutrition and Wellness Educator Diane Reinhold and the Senior Resource Center for *Healthy Behaviors for a Healthy Immune System*, a virtual workshop to learn what steps you can take to build a strong immune system and reduce the risk of illness. This program will offer an in-depth understanding of how lifestyle impacts the immune system, explain the role diet and physical activity play in helping build and maintain a healthy immune system and provide fun recipes.

Healthy Behaviors for a Healthy Immune System will be held Thursday, October 21, 1– 3 p.m. Register before Tuesday, October 19. For more information on this program, or if you need a reasonable accommodation to participate, please contact our office at (815) 235-4125, or visit us online at go.illinois.edu/jsw.