

Table of Contents

Pages 1-7: County Info
Pages 8: State Info

MONROE COUNTY 4-H Family News



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web.extension.illinois.edu/mms

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Monroe County 4-H

University of Illinois Extension-
Madison, Monroe and St. Clair Unit

Looking for ways to stay connected?

Take a minute to sign up for the following FREE services so that you can continue to meet with your clubs and also join in on the meetings, talks, and demonstrations that Extension will be hosting during this time of shelter in place:

- ◆ Zoom: <https://zoom.us/>
- ◆ Skype: <https://www.skype.com>
(phone apps also available)

zoom



Skype

Physically distant...socially connected

CLOSURES

Just a reminder that all 4-H related activities, including meetings are cancelled through May 31st or until we have been cleared to return to work.



Monroe County Office

901 Illinois Ave., PO Box 117
Waterloo, IL 62298
618-939-3434, 618-939-7708 Fax

Office Hours:

Monday- Friday: 8:00 a.m. — 4:30 p.m.
Closed Noon to 1:00 p.m. for lunch

Madison-St. Clair County Branch Office

1 Regency Plaza, Suite 200
Collinsville, IL 62234
618-344-4230, 618-344-5602 Fax

“To Make the Best Better”

Illinois Horse Fair Judging

The Monroe County Hoofbeats Competition Team had a successful day at the Illinois Horse Fair Judging Contest on March 7 in Springfield, IL.

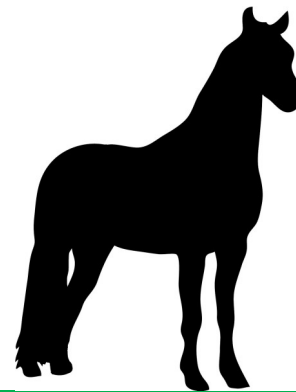
Participating team members placed first overall in the Junior Division.

In addition, three of the members placed in the top ten with their individual scores:

Sydney Woodard (5th), Shelby Bove (6th) and Maya Woodard (7th).



Photo L-R: Miss Illinois Horse Fair, Shelby Bove, Sydney Woodard, Maya Woodard, Paige Koch and Horseman’s Council member.



DuQuoin Livestock Judging

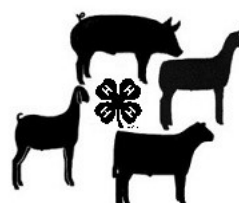
Eleven members of the Monroe County 4-H Livestock Judging Team participated in the DuQuoin Livestock Judging Contest on March 7.

The Junior Team, consisting of Olivia Stechmesser, Cohen Brandt, Erin Halleran and Cody Schmitz placed first in the Junior division. The Senior Teams placed first and second respectively in the Senior division. The first place team members included Cassie Allscheid, Krista Allscheid, Josh Middendorf and Adam Doyle. The second place team members included Austin Grohmann, Ethan Krebel and Riley Middendorf.

The following members placed in the top 6 with individual scores: Adam Doyle (1st), Ethan Krebel (2nd), Cohen Brandt (3rd) and Krista Allscheid (6th).



Back L-R: Austin Grohmann, Riley Middendorf, Adam Doyle, Ethan Krebel, Josh Middendorf
Middle L-R: Cassie Allscheid, Krista Allscheid, Olivia Stechmesser, Cody Schmitz
Front L-R: Erin Halleran, Cohen Brandt



“To Make the Best Better”

College Scholarship Opportunities

MONROE COUNTY EXTENSION & 4-H EDUCATION FOUNDATION SCHOLARSHIP

Applicants must be seniors in high school and/or have not reached their nineteenth birthday on or before September 1, 2019 and must have been enrolled and active in a 4-H club program for at least **four** consecutive years. The applicant must be a resident of Monroe County and/or attend the Waterloo, Columbia, Valmeyer or Red Bud School districts. 4-H members can only receive the Scholarship once. Applicants must be accepted into or be attending a post-high school education program. The application is available at: <https://go.illinois.edu/MoCoScholarship> **DUE APRIL 17, 2020**

LUCILLE & LESTER KORSMEYER SCHOLARSHIP

The scholarship is available to a high school senior who has been actively involved in 4-H for a minimum of four years and must be a permanent resident of Madison, St. Clair or Monroe County. The applicant will be chosen based on several criteria including a minimum 3.0 GPA based on a 4.0 scale, history of 4-H involvement and other school and community activities. The application is available at: <https://go.illinois.edu/Korsmeyer> **DUE APRIL 17, 2020**

Scholarship Applications can still be mailed to University of Illinois Extension, P.O. Box 117, Waterloo, IL 62298 OR dropped in the drop box at the Extension office at 901 Illinois Ave., Waterloo.

LIVESTOCK & HORSE RECORD BOOKS:

- The PDF versions of the books are found here: <https://go.illinois.edu/LivestockRecord>
- They may be filled in on your computer, or you may print it off and fill it in by hand. Please remember to be very neat if writing.
- The Instruction Guide is found here: https://go.illinois.edu/LivestockRecord_Guide to help you through the process of filling the book out.
- Books are due to the Extension office by **September 15, 2020** for judging.

4-H Award Applications Available to Download Now!

The following updated documents have been posted to our website: https://go.illinois.edu/Monroe_AwardApp under "County Awards."

- **2020 Award Application**
- **Award Application Tip Sheet**
- **Award Application Example (NEW!)**

Award Applications are due SEPTEMBER 15. It is not too early to start filling them out!



LOGAN HENERFAUTH

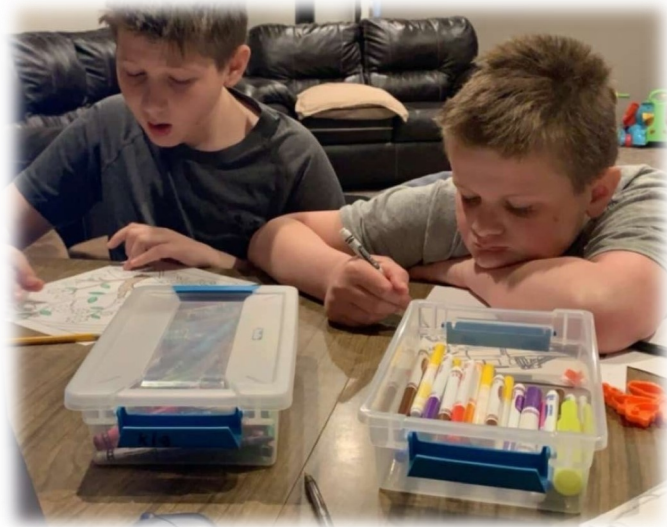
MONROE COUNTY
Legacy of Leadership Scholarship

"4-H is a group that gives leadership skills that can be used in everyday life to all ages."

ILLINOIS Extension | Illinois 4-H FOUNDATION
COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

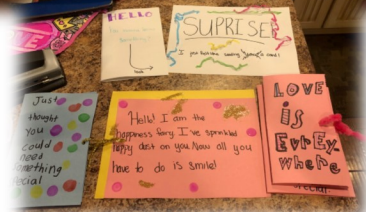
CONGRATULATIONS to **Logan Henerfauth**, recipient of the Illinois 4-H Foundation Legacy of Leadership Scholarship! Logan is member of the Backyard Bandits 4-H Club, 4-H Federation and is a 4-H Teen Teacher.

He is currently a Senior at Valmeyer High School, and his career plans include studying animal science at Southeast Missouri.



Generosity is a key component to Positive Youth Development in 4-H. 4-H members were recently asked to demonstrate generosity by making drawings and kind notes for nursing home residents who are unable to spend time with family members right now. Several took on this task and we encourage more of you to do so as nursing homes currently aren't allowing visitors to their residents.

Brighten Someone's Day!



"To Make the Best Better"

WJHS 4-H Science Club



6th Grade Science Club member, **Safia Jones** shows her completed Science Lab.

Members of the 6th, 7th and 8th grade WJHS Science Club were provided an at-home science activity to participate in while club meetings are currently on hold.

The 4-H STEM Lab: “Liquid Layers” explores the concept that different liquids have different densities. Using various colored liquids, they were able to create a rainbow in a jar with the denser liquids on the bottom, and lighter colored layers above.

To try this project on your own, visit:

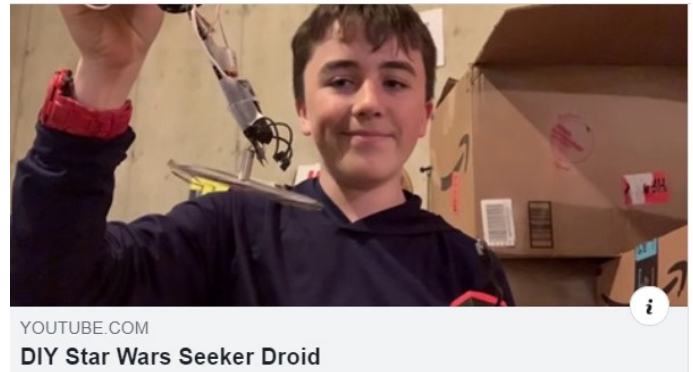
<https://4-h.org/parents/stem-agriculture/youth-stem-activities/liquid->

Robotics Club Challenge

Members of the Robotics Club were given a challenge to complete an Engineering/Robotics-related activity at home to continue their education in this area, while they are unable to meet in person. **Hudson Brandt** took on this challenge with full force and made a YouTube video on his innovative projects.

Check it out!

<https://www.youtube.com/watch?edufilter=NULL&t=181s&v=THLn87Yv0RA>



YOUTUBE.COM
DIY Star Wars Seeker Droid

GARDENING SEASON IS ALMOST HERE!

NOW is the time to garden together as a family! Check out the U of I interactive website: *My First Garden*, where kids can plan and eventually plant a garden in your backyard. Not only will they learn now, but by the summer your family will have a garden full of fresh healthy vegetables to enjoy.

<https://web.extension.illinois.edu/firstgarden/>



“To Make the Best Better”

At Home Activities for April!



Calm Jars: Used to help lead kids through positive self talk practices.

Supplies: glass jar, decorations, paper

To Make: Decorate your glass jar any way you like, then write positive, calm phrases on small strips of paper that you can place into your jar. (I am calm, I am confident, I am a worthy person, I am loved, etc.) Print some at 4-H.org/CalmCards

Activity: Sit in a calm, safe space.

- ◆ Begin by taking several deep breaths.
- ◆ Take each slip out, one at a time, and read aloud while taking a deep breath.
- ◆ Use the cards to calm your stress, nerves or anger.
- ◆ Cards can also be used daily by selecting a new one each day.

Fruit Salad: Make a delicious snack to share with your family.

Ingredients: 2 apples, 1/2 C. strawberries, 1/3 C. peaches, 1/4 C. grapes, 3/4 C. orange juice, 1 T. lemon juice, juice of 1/2 grapefruit

Supplies: Measuring cup & spoons, knife, hand juicer, mixing bowl

Activity steps:

- 1) Chops apples, strawberries, peaches and grapes; place fruit in bowl.
- 2) Pour lemon juice, grapefruit juice, and orange juice over the fruit.
- 3) Stir well, serve, and enjoy.



Write Thank You Letters



Think about all of those people in your life who are there to support you and help you grow, including your parents, grandparents, siblings, extended family, 4-H leaders, teachers, etc. Take some time to write them letters letting them know how much they mean to you following these letter writing tips:

- ◆ Address the person appropriately. “Dear” is a lovely way to begin
- ◆ Say thank you. Actually use those words in the first sentence or two so they know why you are writing.
- ◆ Give some specifics. Let them know why you are saying thank you by giving them some examples of how they are important to you.
- ◆ Personalize each letter. Let that person know you are speaking directly to them by using their name and specific ways they have touched your life.
- ◆ Have a proper ending. “Sincerely” or “Love” is always a nice way to finish.

Take a Virtual Field Trip!

Are you tired of sitting at home during this extended shelter in place? Try escaping through your computer, phone or tablet:



- ◆ The San Diego Zoo has a website just for kids with amazing videos, activities, and games: <https://kids.sandiegozoo.org/>
 - ◆ Tour Yellowstone National Park: <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
- ◆ Explore the surface of Mars on the Curiosity Rover: <https://accessmars.withgoogle.com/>
- ◆ This Canadian site FarmFood 360 offers 11 virtual tours of farms from minks, pigs, and cows, to apples and eggs: <https://www.farmfood360.ca/>

Thanks to Laura Ohren from Pin Oak Progressors 4-H Club for providing the above resources

Looking for ways to stay 4-H busy?

- ◆ Continue working on your 4-H projects, share them with us on Facebook or consider making a video about your journey.
- ◆ Download 4-H activity guides for lots of fun activities
<https://4-h.org/about/inspire-kids-to-do/>
- ◆ Follow us on Facebook and watch for ways to interact with us:
University of Illinois Extension: Monroe County 4-H
 - ◆ Work on community service throughout April
<https://4h.extension.illinois.edu/clubs/community-service-resources>

We have enjoyed all of the photos posted on our Facebook page of members working on 4-H projects. KEEP UP THE GOOD WORK!!



"To Make

the Best



4-H Food Advocacy Team

If you are looking for a way to serve your community by improving food security and food access while strengthening your leadership, communication and advocacy skills, you should apply for this opportunity.

Applications and references are due May 2.

Application Link: <https://go.illinois.edu/Illinois4-HFoodAdvocacyTeamApplication>

Professional Reference Link: <https://go.illinois.edu/Illinois4-HFoodAdvocacyTeamReference>



4-H Members enrolled in Fishing 1, 2, or 3 could win big this Spring!

Between April 17-May 15 you can enter a statewide fishing contest via smartphone. New spinning rod and reel combos will be given away weekly to the longest largemouth bass and channel catfish entered.

You can find more information about this event and others here :

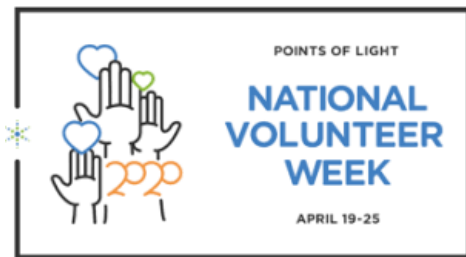
<https://4h.extension.illinois.edu/events>



Join 4-H members and clubs across the nation on April 25 and even throughout the month of April in community service projects:

- ◆ Write and mail cards to those who are socially isolated (nursing homes, assisted living facilities, etc.)
- ◆ Organize a group online to teach and share something you have learned from 4-H.
- ◆ Sew PPE masks to donate to a local hospital that may be in need.

go.illinois.edu/4Hdayofservice



Join us in thanking our 4-H volunteers! They put in countless hours throughout the year to make sure that our youth are learning and growing. They include our club leaders, our livestock superintendents, and our judges.

Try sending a card, some flowers, or a box of candy. Make a short appreciation video. Or simply make a phone call and tell them directly how much you appreciate them.

Nondiscrimination Statement
University of Illinois at Urbana-Champaign
Official Notice

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