



4-H FAST FACTS



A Newsletter for Jersey County 4-H Families

February 2021



4-H MEMBERS EXHIBITING A LIVE ANIMAL AT THE 2021 4-H SHOWS IN ONE OF THE FOLLOWING PROJECT AREAS ARE REQUIRED TO COMPLETE THIS TRAINING EVERY YEAR:

-BEEF-DAIRY-GOAT-SHEEP-SWINE-

MEMBERS CAN ATTEND ANY SESSION. ALL SESSIONS WILL COVER THE SAME TOPICS AND MATERIAL.

Christian County Extension Office

Thursday, April 8th 6-7:30 pm
Saturday, April 24th 9-10:30 am

1120 N. Webster St.
Taylorville, IL
LOCATION PENDING

Macoupin County Extension Office

Monday, March 8th 6-7:30 pm
Thursday, April 29th 6-7:30 pm

#60 Carlinville Plaza
Carlinville, IL 62626

Jersey County Extension Office

Tuesday, March 23rd 3-4:30 pm & 5-6:30 pm
Friday, April 9th 3-4:30 pm
Tuesday, April 27th 3-4:30 pm & 5-6:30 pm

201 W. Exchange St. - Suite A
Jerseyville, IL

Montgomery County Extension Office

Saturday, March 27th 9-10:30 am
Monday, April 12th 6-7:30 pm

#1 Industrial Park Drive
Hillsboro, IL 62049



UNIT 18 - Serving:
*Christian, Jersey,
Macoupin &
Montgomery Counties*

OFFICES

Christian County Extension

1120 N. Webster Street
Taylorville, IL 62568
Ph.: 217-287-7246 Fax: 217-287-7248

Jersey County Extension

201 West Exchange, Suite A
Jerseyville, IL 62052
Ph.: 618-498-2913 Fax: 618-498-5913

Macoupin County Extension

#60 Carlinville Plaza
Carlinville, IL 62626
Ph.: 217-854-9604 Fax: 217-854-7804

Montgomery County Extension

#1 Industrial Park Drive
Hillsboro, IL 62049
Ph.: 217-532-3941 Fax: 217-532-3944

STAFF

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**CLASS SIZES LIMITED.
MASKS REQUIRED WHILE
INDOORS.**

**Register online at:
<https://yqca.learnrow.io>**

Cost - \$3

**Instructor - Sara Marten, 4-H
Youth Development Educator**



COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES
University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating
If you need reasonable accommodation to participate in this program, please contact your local Extension office. Early requests are strongly encouraged to allow sufficient time for meeting your access needs.

****Pre-registration is REQUIRED! Space is limited so register early.
Coupons are available to cover the cost of in-person trainings ONLY.
Please email jjaffry@illinois.edu for a coupon code PRIOR to
registering.****

To keep up with 4-H happenings in Jersey County, including workshops, check us out on Facebook at <https://www.facebook.com/jersey4h>



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

extension.illinois.edu/cjmm/4-h-jersey-county

Jersey County 4-H Public Speaking Contest



Thursday, April 29, 2021

Jersey County Extension Office
201 W. Exchange Jerseyville, IL

Speeches will be scheduled in 15 minute increments beginning at 6 p.m.

Each participant is limited to 10 people in attendance and masks are required.

Divisions include:

- Formal Speech
- Illustrated Speech
- Original Works
- Oral Interpretation

Register online: extension.illinois.edu/4-h-jersey-county

See Jersey County 4-H Show Book for complete guidelines.

Must be a current 4-H member, enrolled in public presentations to participate.



EXPLORING FARM ANIMALS



**DATES: MARCH 8 & 22, APRIL 5 & 19, MAY 3 & 17
4-4:45PM VIA ZOOM**

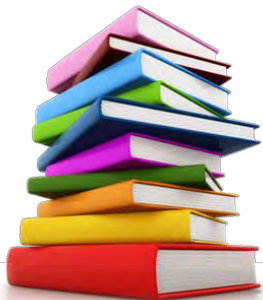
**FEATURING BEEF, DAIRY, HORSES, SHEEP, GOATS,
POULTRY, & SWINE**

GRADES: K-2

**REGISTER BY FEB. 17:
GO.ILLINOIS.EDU/FARMANIMALSSPIN**

**Illinois
Extension**

Christian & Montgomery County Ag in the Classroom
Macoupin County Agricultural Literacy Program



PROJECT BOOKS

Do you need to order project books? Request your books before February 26 to be included in the next order placed. Books can be requested when enrolling or on our website. Project books have to be paid for when picked up from the Extension Office.

CARNIVOROUS PLANTS

Are you interested in learning the different ways carnivorous plants go about capturing their pray as well as their unique care requirements?!

All participants receive a Venus Flytrap and supplies for a craft

March 2, 2:30pm

No Cost

Registration:

<https://extension.illinois.edu/4-h-montgomery-county>

For more information contact 217-532-3941 or

ehugh2@illinois.edu



Illinois Extension

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extension.illinois.edu/cjmm/4-h-jersey-county



4-H COOK & CONNECT FOR THE HEART

For families

Let 4-H provide your next family fun night!

Each bag will include a recipe and non-perishable supplies for a family-friendly recipe as well as instructions and supplies for a game or activity to play together. In celebration of American Heart Month, all recipes and activities will focus on heart health.

REGISTER ONLINE AT:

go.illinois.edu/cookconnect

Crates will be ready on the week of March 15-19 from 8 AM - 4 PM at your local Extension Office. Your \$15 will also cover a donation of a kit to a local food pantry.

Illinois Extension

COST
\$15

Fee
Waiver
Available

COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating

If you need a reasonable accommodation to participate in this program, please contact 217-532-3941.

Early requests are strongly encouraged to allow sufficient time for meeting your access needs.

WELLNESS THROUGH CONNECTION

MINDFUL COOKING FOR STRESS REDUCTION AND FUN

An evening of connection, discussion, skill building, and fun!
Join us while we prep, cook and share a meal together.
Learn how home cooked meals can benefit our mental health



MONDAY, MARCH 8
5:30-7PM VIA ZOOM

Broccoli Cheddar Chicken and Rice Casserole
It's healthy...ish, easy, and delicious.
It's made entirely in one pot and in under an hour.



Register at:
go.illinois.edu/cjmmselfcare
or call 217-532-3941

**Open to families with
youth ages 12-18**
*younger member are included as
well.*



THE GUEST SPEAKER

Cierra Garrow is a Registered Psychotherapist (Qualifying), practicing and living in Northwestern Ontario. Cierra works as a Psychiatric Rights Adviser for PPAO through the MOHLTC, a Children's Mental Health Therapist for FIREFLY, and a Post-Secondary Instructor for Seven Generations Education Institute in their Social Service Worker Program. As a practicing mental health professional, advocate, and educator, Cierra has experienced the catastrophic effects of burnout, vicarious trauma, and compassion fatigue. The toll this had on her mental health was devastating and could have been mitigated through a self-care plan. To be able to help others and ensure all people can fulfill their potential and live with dignity, equality, and health, we need to be healthy ourselves.

February 2021

extension.illinois.edu/cjmm/4-h-jeremy-county



4-H VOLUNTEER TRAINING OPPORTUNITY!

During this period when 4-H members find themselves experiencing restrictions associated with gathering with friends and club members face-to-face, having the opportunity to be part of an engaging and fun, yes we said FUN virtual meeting might be the highlight of their week! Register now for this upcoming **Volunteer Training – Leading in a Virtual World!**

If you question whether you have the skills or tools you need to put together a virtual club experience, this webinar will help you become comfortable interacting in a virtual meeting format; and more importantly support you as you include every part of the club meeting virtually. You can conduct club business; engage members in group decision-making; create positive learning experiences; and give members an opportunity to laugh and have fun together! Be sure to encourage your 4-H members in leadership roles to participate as well.

Link to register for the **February 25, 2021** volunteer training opportunity

<https://web.extension.illinois.edu/registration/default.cfm?RegistrationID=23034>

4-H VOLUNTEER CAFÉ CONVERSATIONS!

Register to participate in the **4-H Volunteer Café Conversations**. We are so excited to continue this new Illinois 4-H opportunity creating a platform for 4-H Volunteers from across Illinois to meet virtually and discuss topics of interest, share both ideas and challenges. Volunteers will gain access to tools & techniques to support their volunteer efforts, strengthening 4-H club and member learning experiences. We have two upcoming Café Conversation opportunities coming up in the next few months. We will address two topics during each Café Conversation so bring your ideas, questions, and since this is a Café Conversation, feel free to bring a snack!

4-H Volunteer Café Conversation - Thursday, February 18, 2021; 7 PM

TOPICS will include:

1. **It's Cold Outside: Are Your 4-H Clubs Still Hot?**
2. **Let's Play!**

Link to register for the **February 18, 2021** Volunteer Café Conversation:

<https://web.extension.illinois.edu/registration/default.cfm?RegistrationID=22728>

4-H Volunteer Café Conversation - Thursday, May 20, 2021; 7 PM

TOPICS will include:

1. **One for the Project, Two for the Show, Three to Get Ready...Go Clover Go!**
2. **Summer Fun!**

Link to register for the **May 20, 2021** Volunteer Café Conversation:

<https://web.extension.illinois.edu/registration/default.cfm?RegistrationID=22738>

Don't forget - all 4-H volunteers and members in leadership roles who participate in 75% (3 of the 4) Volunteer Café Conversations will receive their very own limited edition 4-H Volunteer Café Conversations Ceramic mug! We have had great participation so far and if you have already attended at least one session, you are on your way to receiving your Café Conversations mug!



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extension.illinois.edu/cjmm/4-h-jersey-county

2021 National 4-H Youth Agri-Science Virtual Summit

Registration is now open for the 2021 Youth Agri-Science Virtual Summit. This is a great opportunity for high school students to develop the skills and knowledge needed for the challenges facing agriculture, food security, and sustainability. Students will work with each other and experts in the agricultural community in this collaborative, hands-on educational setting.

Register here: <https://4-h.org/parents/national-youth-summits/#agriscience>

Registration closes on Friday, February 19th.

Contact Mark Becker with any questions at mbbecker@illinois.edu

The poster features a large blue microphone in the center. To the left is the USDA logo. To the right, the text reads "SPEAKER SERIES: FACES OF AGRICULTURE AND USDA" in blue and green. Below this is a "REGISTER" button. At the bottom, three dates are listed: "WEDNESDAY FEB. 17 @ 2:00 PM CST", "WEDNESDAY MAR. 17 @ 2:00 PM CST", and "WEDNESDAY APR. 21 @ 2:00 PM CST". The year "2021" is written in large white numbers across the bottom left. Below the dates, a paragraph describes the virtual speaker series. At the bottom, contact information for Julio Puentes and Ruby Delagarza is provided, along with the USDA website.

USDA

SPEAKER SERIES:
FACES OF
AGRICULTURE
AND USDA

REGISTER

2021

WEDNESDAY
FEB. 17 @ 2:00 PM CST

WEDNESDAY
MAR. 17 @ 2:00 PM CST

WEDNESDAY
APR. 21 @ 2:00 PM CST

This virtual speaker series will feature current USDA researchers, scientists, technicians, engineers, foresters, other STEM related program managers. These virtual sessions will allow students from high school and college students from Minority Serving Institutions and School Districts to engage with current USDA professionals and learn about their story, career path, and exciting projects and initiatives they may be working on at USDA that serve the public interest; while helping to inspire the next generation of the agricultural workforce!

FOR MORE INFORMATION REGARDING THIS EVENT, PLEASE CONTACT: JULIO.PUENTES@USDA.GOV
RUBY.DELAGARZA@USDA.GOV

USDA is an equal opportunity provider, employer, and lender. www.USDA.gov/partnerships



GET READY FOR Barred Owl Nest Box Monitoring Season

Remind your local 4-H families and clubs involved in the Barred Owl Nest Box Challenge to prepare to monitor their nest boxes weekly or bi-weekly in March and April! Send the [NestWatch data sheet](#) to Curt Sinclair at sinclair@illinois.edu by June 1, 2021 so we can tally the results! Momma owl is looking for nesting sites right now and she'll decide in February what suits her best! Stay the course – good science takes effort.

February 2021

extension.illinois.edu/cjmm/4-h-jersey-county

States 4-H International Exchange

Host an international student: Host a Japanese youth this summer through 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!

SCHEDULE: Hosting takes place mid-July through mid-August.

REQUIREMENTS:

- Families hosting a youth must have a child the same gender and approximate age (12-18) as the incoming youth.
- Youth must have a separate bed; a separate room is not required.
- Host family selection is dependent on completion of an application and screening process, as well as student availability and personality compatibility.

RECRUITMENT PERIOD: January- May or until all placements are made

Apply Today <https://www.states4hexchange.org/apply/host/>



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)

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

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)

4-H Memorial Camp

4-H Memorial Camp is currently working on summer programming plans for 2021 to align with Phase 4 and Phase 5 of the Restore Illinois Plan. The [camp website](#) will be updated with information concerning both camping and summer employment.



4-H Shooting Sports Leader Certification Training

9am – 7pm; Saturday, June 5, 2021

Location: 4-H Memorial Camp, Monticello, IL

Registration Details Coming Soon.

Speaking for Illinois 4-H

Tell Your 4-H Story –

Join the *Speaking for Illinois 4-H* Team



We're looking for 4-H members interested in spreading the great news about 4-H. 4-H members 14 years of age or older can join the *Speaking for Illinois 4-H* team. There will be a virtual training offered on **Saturday, March 6**.

This virtual training, provided by the Illinois State 4-H Youth Leadership Team, gives you the chance to explore your own 4-H history and why you are involved, put that story into words, and learn the best ways to approach donors, civic groups, elected officials, and others to talk about 4-H. Learn why 4-H believes in Positive Youth Development and how we emphasize the essential elements of Belonging, Independence, Generosity and Mastery. All of this – and more – is a part of *Speaking for Illinois 4-H*! Once you're trained, you'll receive an invitation to be a part of our Legislative Connection events.

Registration is open NOW @: <https://4h.extension.illinois.edu/events/speaking-illinois-4-h-training>. **Registration will close March 4.**



COMMUNITY IMPROVEMENT GRANTS AVAILABLE FOR 4-H CLUBS

It is time to roll up your sleeves and make a positive impact in your community! Farm Credit Illinois is inviting 4-H Clubs to apply for a \$500 grant to assist club members in being positive change agents by making their local communities better places to live. Eligible clubs are those located in one of the counties served by Farm Credit Services Illinois in Extension Units in southern & central Illinois.

Eligible Extension Units: Christian, Jersey, Macoupin, and Montgomery Counties. **Applications are due March 12, 2021.**

Access the application using the following link: www.farmcreditIL.com/community

FARM CREDIT ILLINOIS AGRICULTURE SCHOLARSHIPS FOR 4-H MEMBERS

4-H members who are Illinois High School Seniors with agricultural career aspiration planning to enroll in an agriculture-based college curriculum next fall can apply for one of 30 \$2,000 scholarships. Two under-represented minority student applicants will be recognized as Diversity in Agriculture Scholars

Eligible Extension Units: Christian, Jersey, Macoupin, and Montgomery Counties. **Applications are due March 12, 2021.**

Access the application using the following link: www.farmcreditIL.com/scholarship