



# 4-H FAST FACTS



A Newsletter for **Macoupin County 4-H Families**

February



**Macoupin County 4-H Top Shots Members Place in Top 10 at the First Ever Illinois State 4-H Virtual Shoot. Instructors Mark Koskie and Tony Wagner worked locally with shooting sports members to record scores from Sept-Dec 2020. The top three scores were used to determine placings.**

**Archery Sr. Division (Compound Bow)**

5th Place: Braylee Gilmore

**Archery Jr. Division (Compound Bow)**

1st Place: Payton Harding

3rd Place: Charlee Dugger

6th Place: Wyld Gilmore

**Shotgun Sr. Division**

Gabe Pauline



**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  
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To keep up with 4-H happenings in Macoupin County, including workshops, check us out on Facebook at <https://www.facebook.com/macoupin4h>



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

[extension.illinois.edu/cjmm/4-h-macoupin-county](https://extension.illinois.edu/cjmm/4-h-macoupin-county)



## Macoupin County 4-H

### 4-H SHOWBOOK COVER DESIGN CONTEST 2021

DESIGN THE 2021 4-H SHOWBOOK COVER!

ENTRIES DUE FEB 5, 2021 TO THE EXTENSION OFFICE

Prizes for Top 3 Designs!

#### ENTRY REQUIREMENTS

1. "MACOUPIN COUNTY 4-H SHOW BOOK" AND THE YEAR "2021" MUST BE SHOWN SOMEWHERE IN YOUR DESIGN.
2. USE ANY FAIR OR PROJECT THEME.
3. MUST BE A 4-H MEMBER
4. YOUR ARTWORK MUST BE DRAWN OR PRINTED IN BLACK INK ONLY.
5. YOUR ENTRY MUST BE ON WHITE PAPER.
6. NO ENTRIES WITH TRADEMARK CHARACTERS/SYMBOLS OTHER THAN THE 4-H CLOVER, ACCEPTED.
7. PUT YOUR NAME AND CLUB ON THE BACK OF YOUR DESIGN IN PENCIL.

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Pickup Kit the Week of Feb 15

## 4-H Cloverbud Farm Animal Kit

By: Macoupin County 4-H Federation

4-H Cloverbud Kit will include:

- Farm Animal Craft
- Fun Facts about Farm Animals
- 4-H Sticker and Coloring Sheet

**FREE** **AGES 5-7**

4-H Cloverbuds will also get a Zoom Link to join and listen to a Farm Animal story read aloud by 4-H Federation Members!

Register by Feb 10 at:  
<https://extension.illinois.edu/cjmm/4-h-macoupin-county> or call 217-854-9604

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## 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/cheart](http://go.illinois.edu/cheart)

Bags 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.

**COST \$15**  
Fee Waiver Available

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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.



## YQCA YOUTH FOR THE QUALITY CARE OF ANIMALS

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\*\*

**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

**Macoupin County Extension Office**  
Monday, March 8th 6-7:30 pm  
Thursday, April 29th 6-7:30 pm

#60 Carlinville Plaza  
Carlinville, IL 62626

**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

REGISTER ONLINE AT:  
<https://yqca.learnrow.io>

Cost - \$3

Instructor - Sara Marten, 4-H Youth Development Educator

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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.

## 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](mailto:ehugh2@illinois.edu)



Illinois Extension

## 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](http://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.

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## 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



## Become a Hunger Ambassador

Learn about food insecurity & hunger in your community and work with others to help those in need.



**Saturday, March 20th**

9:00 AM - 3:00 PM

Macoupin Extension Office

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## EXTENDED BREAK FOOD PACKAGES

Help fight hunger in Macoupin County and provide food for youth over extended breaks from school. Members can donate individual supplies or clubs can donate a full box of items.



Return Items  
to Extension  
Office by  
February 28th



### Items for Boxes:

1. Microwave Popcorn (6 pkg)
2. Jack Links or Slim Jim Beef Sticks (6 or more count)
3. Lance or Austin Cheese or Peanut Butter Crackers (8 count)
4. Macaroni and Cheese Cups (4 count)
5. Protein Chewy Granola Bars or Fruit/Yogurt Bars
6. Four (4) Ramen ( any flavor) or 4 Nissin Chow Mein
7. Fruit Cups (4 count)
8. Campbell Soup Lunch Pack- Chicken and Stars or 4 Chef Boyardee Mini-ravioli, spaghetti or beefaroni
9. Juice boxes- apple or fruit punch (8 count)
10. Hormel- Spaghetti or Chicken and Dumplings
11. Chicken on the Go Packs (2)

Sponsored by:

Macoupin County Hunger Ambassadors

Congratulations!

Our Macoupin County 4-H Hunger Ambassadors were awarded the State 4-H Food Advocacy Grant for their "Freezing Out Hunger" Grant Application.

February 2021

[extension.illinois.edu/cjmm/4-h-macoupin-county](https://extension.illinois.edu/cjmm/4-h-macoupin-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!



February 2021

[extension.illinois.edu/cjmm/4-h-macoupin-county](https://extension.illinois.edu/cjmm/4-h-macoupin-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](mailto:mbbecker@illinois.edu)

The poster features a large microphone in the center. The text 'SPEAKER SERIES: FACES OF AGRICULTURE AND USDA' is written in blue and green. The year '2021' is prominently displayed in white. A blue button with the word 'REGISTER' is on the right. Below the microphone, 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 USDA logo is in the top left corner.

USDA

SPEAKER SERIES:  
FACES OF  
AGRICULTURE  
AND USDA

2021

REGISTER

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](mailto:JULIO.PUENTES@USDA.GOV)  
[RUBY.DELAGARZA@USDA.GOV](mailto:RUBY.DELAGARZA@USDA.GOV)

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## 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](mailto: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-macoupin-county](http://extension.illinois.edu/cjmm/4-h-macoupin-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](mailto:rosenbohm07@comcast.net) or Elisha Hughes at [ehugh2@illinois.edu](mailto: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](http://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](http://www.farmcreditIL.com/scholarship)





## Rosemary Huff 1951-2021

With great sadness, we share the news of the recent passing of one of our valued volunteers with Macoupin County 4-H, Rosie Huff. We celebrate the life of a wonderful woman who impacted those around her through kindness and unconditional love.

Rosie inspired so many youth over the years and was dedicated to community service and helping others. She served as a community club leader of the Chesterfield Champs and the Clever Clovers. She volunteered for Macoupin County 4-H for just shy of 40 years. She was inducted into the Illinois 4-H Hall of Fame and Macoupin County 4-H Hall of Fame in 2012. She was Macoupin County Fair Food Coordinator for 15 years. She put in countless hours and energy in making the food stand a success and a place people enjoyed coming to eat during the fair. Rosie loved helping youth learn new skills and even had the first Cloverbud Club in Macoupin County. She loved to cook and teach kids kitchen safety and skills to last their lifetime. She is a perfect example of "making



Kenny and Lori Huff stopped by the Extension office and dropped off memorial donations to Macoupin County 4-H in Honor of Rosie Huff. We appreciate the thoughtfulness and will continue to strive to live like Rosie and value the goodness in people and spread kindness in the world.



## mark your calendar!

**Beef Weigh-in – Saturday, February 6 from 9-11 a.m.**

**Swine Weigh-in – Monday, April 12 at 5:30 p.m.**

**Lamb Weigh-in – Saturday, May 1 from 9-11 a.m.**

### Shooting Sports Members

Shooting Sports will begin in April.

Please check your e-mail for details!

### Macoupin County Fair June 8-12

Keep a Look out for 4-H Fair and Show Info for 2021

Illinois State Fair Macoupin County 4-H Day Saturday, August 14

