



4-H FAST FACTS



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

January 2021



Sam Wolff of Brighton was the recipient of the Adam Heyen Memorial Scholarship for 2020



4-H Take Home Kits
Keep a look out for more
4-H fun!

UNIT 18 - *Serving:*

*Christian, Jersey,
Macoupin &
Montgomery Counties*

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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>



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



**Macoupin
County
4-H**

Prizes for Top 3 Designs!

4-H SHOWBOOK COVER DESIGN CONTEST 2021

**DESIGN THE 2021 4-H
SHOWBOOK COVER!**

**ENTRIES DUE FEB 5, 2021 TO
THE EXTENSION OFFICE**

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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HEALTHY HABITS CHALLENGE

LEARN HOW TO DEVELOP AND MAINTAIN HEALTHY HABITS. PARTICIPATE IN WEEKLY HEALTHY LIVING CHALLENGES AND LIVE ACTIVITIES TO EARN PRIZES.

PROGRAM BEGINS MONDAY, FEBRUARY 1 AND RUNS THROUGH FRIDAY, MARCH 26.

REGISTER BY JANUARY 22 TO PARTICIPATE AT:
[HTTPS://GO.ILLINOIS.EDU/4HHEALTHYHABITS](https://go.illinois.edu/4HHEALTHYHABITS)



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4-H AT HOME SERIES



STEM

Maker Kits

To check availability or to reserve a kit: Call the office at 217-854-9604 or email harding@illinois.edu

ELECTRIC CIRCUITS

Youth will learn basics of electricity as they work through the activities in the book.

DIY POPCICLE FLASHLIGHT:

Youth will learn about circuits, switches, conductors and insulators through a simple LED flashlight project.

No Return

HYDRAULIC CLAW

Design and build a hydraulic claw that works like the arcade classic. All pieces included in this predesigned kit.

MAKER ROBOT KIT

This kit comes with instructions and supplies for building a rover. For the rest of the supplies, there are no specific instructions just a lot of supplies for you to be creative. Make your own Hebocon or DIY robot!

MARSHMALLOW CATAPULT

Construct your own catapult out of everyday items. Then use it to hurl marshmallows at a friend or family member. How many can they catch with their mouth.

SELF-CARE & RESILIENCY TOOLKIT

TEENS LEARN TOOLS & SKILLS TO HELP IN DIFFICULT TIMES

This interactive, online workshop will help you address your emotional, psychological, physiological, social/community, and spiritual needs. We will work collaboratively to create a self-care/resiliency toolkit to combat the effects of quarantine.

WHAT CAN YOU HOPE TO LEARN?

- How to maintain your wellbeing and identify self-care tools for physical, mental, emotional, social, and spiritual health.
- How to increase your resiliency and capability to cope with adversity, uncertainty, and stress.



TWO SESSIONS:

Jan. 11 from 7-8 p.m.
&
Jan. 18 from 7-8 p.m.



Attendance required for both sessions

Register at: go.illinois.edu/cjmmselfcare



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

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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

Free

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

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 HOLIDAY PHOTO CONTEST RESULTS



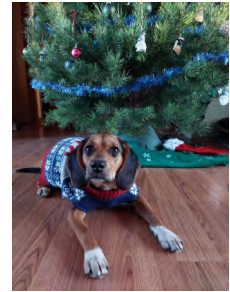
1st Place: Hallee Kaburick



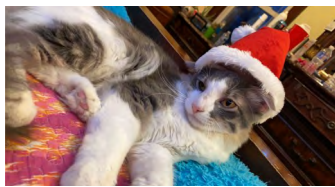
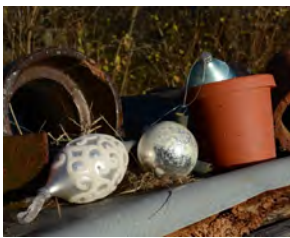
2nd Place: Kayleigh Trimm



3rd Place: Anna Cloninger



So Many Great Holiday Photos! Great Job for all the Entries!





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2021 AG INNOVATORS EXPERIENCE

This next year's theme will be **Curbing Our Carbon Appetite**. The 2021 4-H Ag Innovators Experience, Curbing Our Carbon Appetite Challenge, is a series of interactive, hands-on activities that help youth understand why everyone has a role to play in addressing climate change. Participants will learn how human activity including burning of fossil fuels, deforestation, soil mismanagement, and unwise food systems are increasing atmospheric carbon and contributing to climate change. The activity leads them through an exploration of actions that three carbon influencer groups—agriculture, business and industry, and individuals and families—can take to reduce atmospheric carbon.

If you are interested to learn more and to participate in the AIE 2021 activities, please join us for an informational meeting **Tuesday, January 5th, 2021 from 10-11:00 AM (CST)**.

Please see the attached flyer as well for details.

Register here: <https://go.illinois.edu/CurbingOurCarbonAppetite>

In our meeting we will discuss:

1. Details about the challenge
2. The salary reimbursement process for participating Units
3. Questions you have about engaging youth

Please join us! We are looking to recruit a team of about 10-15 folks to meet our deliverables.

NATIONAL 4-H COUNCIL ANNOUNCES THE UPCOMING 2021 NATIONAL YOUTH AGRI-SCIENCE SUMMIT

At the National 4-H Youth Summit on Agri-Science, high school students 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. The summit will be an opportunity to meet like-minded peers from across the country, learn more about career opportunities, and network with professionals in the field of Agri-science. As a cornerstone of the experience, participants are challenged to identify and develop action plans that address issues related to agriculture in their community. For more information visit: <https://4-h.org/parents/national-youth-summits/#lagri-science>

For more information, contact Mark Becker, mbbecker@illinois.edu.



BARRED OWL NEST BOX CHALLENGE

It's not too late to jump in on the Barred Owl Nest Box Challenge. Last year over 30 sets of boxes were installed, and are set to be monitored this coming spring! New boxes must be made and set by mid-January at the latest to give momma owl time to find and choose her favorite style of nest box! For details and instructions, contact Curt Sinclair at sinclair@illinois.edu

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INTERESTED IN SHARING YOUR 4-H STORY?

Interested in sharing your 4-H story for a 4-H Alumni profile? We are seeking 4-H alumni to share their 4-H story to be highlighted on our social media accounts for a "Member Monday" 4-H profile!

Feel free to [share your 4-H Story](#) today!

<https://surveys.illinois.edu/sec/2162799>



SHARE YOUR 4-H NEWS

Do you have news to share with the Illinois 4-H Alumni Association? Moved - New Address? Did you get a new job? Married? Promotion? New Baby? A recent death of a 4-H alum? We would love to hear your updates and stay connected!

[Share your 4-H News](#) — <https://surveys.illinois.edu/sec/8251680>

WE HOPE YOU STAY CONNECTED TO US!

We hope you will engage with us online and help create a network of 4-H alumni.

- **Linked In:** <https://go.illinois.edu/LinkedIn4HALumni>
- **Facebook:** <https://www.facebook.com/groups/il4halumni/>
- **Twitter:** <https://twitter.com/IL4halumni>
- **Instagram:** <https://www.instagram.com/il4halumni/>



4-H ALUMNI EVENT – VIRTUAL TRIVIA NIGHT – FEBRUARY 4, 2021

Save the date for a fun evening of networking with Illinois 4-H alumni for a virtual trivia night. Trivia night will be hosted by Hambone Entertainment, and trivia questions will cover a wide range of knowledge, including history, sports, pop culture, and of course, 4-H! Teams will be randomly assigned at the event to encourage new connections and networking.

Registration will launch in early January 2021.

Time: 7:00 pm; **Platform:** Zoom; **Cost:** \$10/per person

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

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ISA TEEN PRODUCTION TEAM

Join us and be a part of the Illini Summer Academies Teen Production Team! Help us plan and lead this summer, state-wide, virtual event! For more information on what the Teen Production Team does and, how to apply, please click on the application link below.

Application Link: https://docs.google.com/forms/d/e/1FAIpQLSe4gGo5XdZACJT0S9NNzMrA2zD1YO_LdneVinliCQkFcuDFNQ/viewform?usp=sf_link

Due: Friday, January 8, 2021

Interviews will be a part of the application process!

Contact information:

Roxana Cejeda
illini-4h@illinois.edu | 217-333-0910

ISA TRAILBLAZER SCHOLARSHIP

The Illinois 4-H Foundation offers scholarships to assist youth in attending Illini Summer Academies. Trail Blazers Scholarships are provided to make college exploratory experiences accessible to all youth by encouraging participation of scholars who are under-represented in certain career fields and who may find the cost of attendance to exploratory programs a significant challenge. For more information on requirements and how to apply, please click on the application link below.

Application link: https://docs.google.com/forms/d/e/1FAIpQLSc2vAsJuQ3L6TTkT0LQEJ7WX-Gu_Fx-x45INE_3HBK-La4eNg/viewform?usp=sf_link

Due: Friday, January 22, 2021

Contact information:

Roxana Cejeda
illini-4h@illinois.edu | 217-333-0910