



4-H FAST FACTS



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

February 2021

Local Youth Join Healthy Teen Ambassadors



Monica Dudek



Joelle Hughes



Cecilia Dudek

Three local youth are selected to serve on a statewide 4-H leadership program called promoting healthy living. The Healthy Teen Ambassadors program is sponsored by [Illinois Extension](#) and funded by the [Wal-Mart Foundation](#). Youth will receive training, support and the opportunity to make a big impact in their communities. The Local youth selected to be part of this leadership opportunity are *Monica Dudek of Starr Shooters 4-H Club, Joelle Hughes of the Clovers 4-H Club and Cecilia Dudek of the Starr Shooters 4-H Club*. Not only will communities benefit, teens will gain public speaking and leadership skills, The ambassadors are virtually attending the National 4-H Healthy Living Summit later this month.

Weekend Food Program Receives Grant



The weekend food program served over 3000 meals to youth at the Hillsboro High school last school year. This year the program expanded to include the Nokomis school. The program is led by Erin Kistner, who is still running the Hillsboro program and Kohen Stolte at the Nokomis location. YLT members participate by packing meals. The \$500 grant From the Illinois 4-H Foundation, will help to buy food and supplies for the program. If you or your club would like to donate food to this program, contact Elisha Hughes at

ehugh2@illinois.edu for a list of needed items.

To keep up with 4-H happenings in Montgomery County, including workshops, check us out on Facebook at <https://www.facebook.com/montgomery4h>



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

UNIT 18 - Serving:

*Christian, Jersey,
Macoupin &
Montgomery Counties*

OFFICES

Christian County Extension
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Taylorville, IL 62568
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Jersey County Extension
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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

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extension.illinois.edu/cjmm/4-h-montgomerycounty

WELLNESS THROUGH CONNECTION

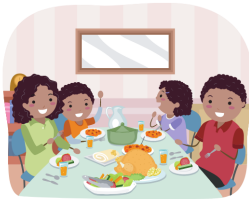
MINDFUL COOKING FOR STRESS REDUCTION AND FUN

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

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**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



**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

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

CLASS SIZES LIMITED.
MASKS REQUIRED WHILE
INDOORS.

4-H AT HOME SERIES

STEM KITS AVAILABLE

- Electric Circuit
- Hydraulic claw
- Maker robot
- Straw rocket
- DIY Pop cycle Flashlight
- Marshmallow catapult.

FREE Stem activities to do at home.

Share a photo and comment about your experience on our padlet board.

To check availability or to reserve a kit, call our

office at 217532-3941 or email

lmwhite@illinois.edu

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-montgomery-county

HOW TO ORDER 4-H PUBLICATIONS

Go to : go.illinois.edu/pubsrequest

Choose the books you would like to order.

Our office or your leader will let you know when they are in.



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

Montgomery County 4-H Public Speaking Contest

Thursday, April 24, 2021
6pm

Montgomery County Extension Office

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

Each participant is limited to 2 people in attendance and masks are required.

Divisions include:

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

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

See Montgomery County 4-H Show Book for complete guidelines. Must be a current 4-H member, enrolled in public presentations to participate.



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.

**COST
\$15**
Fee
Waiver
Available

Montgomery County



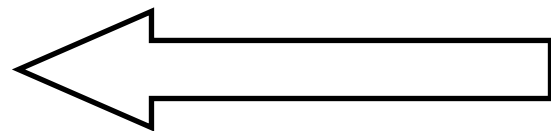
2021 Show Book

*Learning to Make the Best Better
one project at a time!*

Congratulations!!

Amanda Niemann

Show Book Cover Contest Winner



**2021 Showbook
COMING SOON!**

EZ BANKING

APRIL 24
10-11:30 A.M.

Youth 8th-12th grades

Essentials of Banking Checking
Accounts Interest Rates
Benefits & Challenges of
Banking.

Register:

<https://extension.illinois.edu/4-h-montgomery-county>
217-532-3941
ehugh2@illinois.edu



Illinois Extension

Strawberry Fundraiser



1 Flat = 8 Qts \$29.50

1/2 Flat = 4 Qts \$15.00

Support Your Local Clubs



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>

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extension.illinois.edu/cjmm/4-h-montgomery-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



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
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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.

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extension.illinois.edu/cjmm/4-h-montgomery-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.

Join the Speaking for Illinois 4-H Team



Tell Your 4-H Story –

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