



4-H FAST FACTS



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

December 2020



UNIT 18 - *Serving:*

*Christian, Jersey,
Macoupin &
Montgomery Counties*

OFFICES

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Jersey County Extension
201 West Exchange, Suite A
Jerseyville, IL 62052
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Macoupin County Extension
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Carlinville, IL 62626
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Montgomery County Extension
#1 Industrial Park Drive
Hillsboro, IL 62049
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4-H Program Coordinator
ehugh2@illinois.edu

2020 Achievement night photos will be on the website starting next week. A Facebook post will follow shortly. <https://extension.illinois.edu/cjmm/4-h-montgomery-county>

PROGRAMS TO SIGN UP FOR THIS MONTH:

Santa For Seniors-write letters and send gifts to local shut ins

Christmas Photo Challenge

Holiday Ornament Kit

Culture, Cuisine and Conversation- International Spin Club

Cloverbud Pledge Challenge

Virtual Yoga IS BACK!

Self Care Resiliency Tool Kit- how to survive 2020 and more. Identify ways you can cope with stress and change.

To keep up with 4-H happenings in Montgomery County, including workshops, check us out on Facebook at

<https://www.facebook.com/Montgomerycounty4h>



Like us on
Facebook



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

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



FREE!

*4-H Holiday
Ornament Kits*

*Cloverbuds 5-7
Youth Ages 8-18*

ALL KITS WILL BE
MAILED OUT TO
PARTICIPANTS PRIOR
TO DEC 18

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Register at:

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

Christian, Jersey, Macoupin, and Montgomery County 4-H



4-H Holiday Photography Contest

Submit Your Digital Holiday Photograph by Dec 18 to

harding@illinois.edu

Rules:

Take a picture with a holiday theme

Photograph must be taken by 4-H member

For Youth Ages 8-18

Prizes for 1st, 2nd, and 3rd Place

If taking 4-H Photography, use skills from the 4-H Photography Manual

Questions should be directed to Kate at harding@illinois.edu

Winners Announced and Pictures Displayed on County 4-H Facebook Pages



December 2020

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



Montgomery County 4-H

4-H SHOWBOOK COVER DESIGN CONTEST 2021

Prizes for Top 3 Designs!

DESIGN THE 2021 4-H SHOWBOOK COVER!

ENTRIES DUE FEB 5, 2021 TO THE EXTENSION OFFICE

ENTRY REQUIREMENTS

1. "MONTGOMERY 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. OR SEND IN AN EMAIL TO EHUGH2@ILLINOIS.EDU

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If you need a reasonable accommodation to attend, contact your local Extension office at 217-854-9604.



"PLEDGE YOUR HEALTH TO BETTER LIVING"

4-H VIRTUAL HOLIDAY YOGA FOR KIDS

JOIN LISA KLAUS ON ZOOM FOR AN INTERACTIVE YOGA SESSION

TUESDAY DEC 15
3:00-3:30PM
AGES 8-18
NO COST

Register online: <https://extension.illinois.edu/cjmm/events>
or call 217-854-9604

Open to 4-H members in Montgomery, Christian, Jersey and Macoupin Counties.
If you would like to become a member and participate in this program, please contact us at harding@illinois.edu

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LEARN THE 4-H PLEDGE

CLOVERBUD PLEDGE CHALLENGE

Do you know the 4-H pledge and hand motions? If you don't, you can learn it for this challenge. We are asking our Cloverbuds, to have a parent record them, reciting the pledge with hand motions. They can post the video on Facebook with the tag #illinoiscloverbud. All participants will receive a 4-H Prize.



POST YOUR VIDEO ON FACEBOOK WITH THE TAG #ILLINOISCLOVERBUD

For questions please contact Elisha Hughes at ehugh2@illinois.edu

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Starts in January 2021!

Culture, Cuisine and Conversation: Travel the World with 4-H is a biweekly series for teens. Participants will prepare a dish from a different country with a provided recipe ahead of each meeting, have access to videos created by 4-H partners in the country of the week to tour kitchens and homes, and more. Each Participant will receive a country kit with goodies and activities from the countries we are covering.

Countries may include:

- Japan
- Finland
- Brazil
- Australia
- Thailand
- South Korea
- Kosovo

The cost is \$10 through December 15, and \$15 after. This covers a supply kit that will be provided. Non 4-H'ers are welcome to participate!

Groups will meet these dates weeks: January 17, 31, February 14, 28, March 14, 28.

Registration closes Sunday, January 10

<https://web.extension.illinois.edu/registration/?RegistrationID=22726>

For more information contact Elisha Hughes at ehugh2@illinois.edu



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.

Open to youth ages 8-18 in Christian, Jersey, Macoupin, and Montgomery Counties



TWO SESSIONS:

Dec. 28 from 2 to 3 p.m.
&
Dec. 30 from 2 to 3 p.m.



Attendance required for both sessions

Register at: go.illinois.edu/selfcare



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.



COMMUNITY SERVICE FOR LOCAL SENIORS

SANTA FOR SENIORS

Let's spread some holiday cheer to some of our by writing cards and donating gifts to local elderly shut-ins

**COLLECTING THROUGH DECEMBER 17
AT THE EXTENSION OFFICE**

ITEMS NEEDED:

CHRISTMAS CARDS WITH PERSONAL MESSAGES

FUZZY SOCKS FOR MEN AND WOMEN

WORD SEARCH/SUDOKU/CROSSWORD

CANDY

CHRISTMAS MASKS

STAMPS AND STATIONARY SETS

December 2020

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

ILLINOIS 4-H YOUTH LEADERS HIGHLIGHTED IN UNIVERSITY OF ILLINOIS VIDEO COMPETITION

On November 15th, Dr. Megan Dailey, Metropolitan Food and Environmental Systems Director at the University of Illinois, announced the winners of their Food Systems Video Challenge. The first-place prize went to Julia Heller, a 4-Her from Ogle County currently serving as the Illinois 4-H Food Advocacy Team President and studying Animal Sciences at the University of Illinois Urbana-Champaign. Second place was awarded to Elaan Bader, a 4-Her from Montgomery County and a Food Advocacy Team member. Both video submissions focused on the role which each of us plays in shaping our food system. Future video challenge competitions will be made available to 4-H members around the state who want to play a role in a healthier, more sustainable future. See the winning video submission on the Metropolitan Food and Environmental System Facebook feed here: <https://www.facebook.com/watch/MFSTIllinois/>

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

NUTRIEN ANNOUNCES COMMUNITY ACTION PLAN GRANT

In coordination with the National 4-H Council and the Illinois 4-H Foundation, youth leaders will work with an industry leader in addressing topics of sustainable agriculture and environmental stewardship. Teams must consist of three youth leaders and one adult mentor. Applications are due December 31st, 2020. Projects will be supported up to \$1,000.

Link to application: <https://go.illinois.edu/NutrienCAP>

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

NATIONAL 4-H COUNCIL ANNOUNCES THE UPCOMING 2021 NATIONAL YOUTH AGRISCIENCE 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/#!agri-science>

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

ILLINOIS 4-H FOOD ADVOCACY TEAM ANNOUNCES FOOD ADVOCACY GRANT

Want to do more about food insecurity where you live? With the support of the Illinois 4-H Foundation, youth leaders throughout Illinois will have the opportunity to receive financial support for projects addressing food security, food access, and food justice in their neighborhoods and communities.

Applications are due Monday, December 21st for review by the Food Advocacy Team.

For more information and ideas for service-learning projects, see the online application:

<https://go.illinois.edu/FoodAdvocacyGrant>

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

2020 VIRTUAL 4-H SHOOT UPDATE

<https://4h.extension.illinois.edu/events/illinois-4-h-virtual-shoot-fall-2020>

Illinois 4-H Shooting Sports leaders have submitted 267 scores from 124 registered 4-H shooters in the on-going 2020 4-H Virtual State Shoot! This statewide competition runs through December 31, 2020 and awards will be given to the top five finishers in shotgun, archery, and air rifle in January, 2021.

For a list of local 4-H participants or any other questions, please contact Curt Sinclair at sinclair@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



ILLINI SUMMER ACADEMIES

If you are curious as to what college or career is right for you, plan now to join us and discover new possibilities at the Illini Summer Academies (ISA)! At ISA you can expect a fun and exploratory experience featuring a virtual academy session and a variety of new workshops and fun virtual activities. For questions, contact us at illini-4h@illinois.edu.

4-H VOLUNTEER VIRTUAL TRAINING OPPORTUNITIES ILLINOIS 4-H VIRTUAL STEM CURRICULUM TRAINING!

We would like to invite you, your volunteers and teen teachers to the **Illinois 4-H STEM Curriculum Training!** This remote-access training is your opportunity to receive hands-on experience in using **Quads Away (Drones)**, **DIY Make and Build (Maker)** and our new **eSports Pilot Curriculum**. Many things have been updated or added to these materials since their introduction to better align with your programming needs in a virtual space. Updated versions of each will be sent out to all participants (and posted immediately following the training). This training is not meant to produce content experts, but rather process experts with the skills needed to incorporate these materials into your programming.

This training will be broken into 3 separate, 2 hour trainings focused on each curriculum topic. Attendees can feel free to attend one or all of them. During the training, participants will be briefly guided through each curriculum and will have the opportunity to do some of the included activities from each. In addition, participants will have the chance to explore SPIN and community club options with the 4-H STEM Team, and other PYD professionals and volunteers. For those that choose to enroll in the Maker training Before December 6th, they will receive a set of materials to complete Activity 1: Popsicle Flashlight from the DIY Make and Build Curriculum.

Who: 4-H Educators, Program Coordinators, Volunteers, Club Leaders, Teen Leaders, the University of Illinois Extension IT department, and invited partner-organization members.

Date and Time: Friday, December 11th, 2020

- **9:00 AM to 11:00 AM- Quads Away (Drones)**
- **12:00 PM to 2:00 PM- DIY Make & Build (Maker)**
- **3:00 PM - 5:00 PM- eSports Pilot Curriculum**

Where: **Zoom call.** A link will be provided with the day's agenda and other details before the training.

Please share this opportunity with your local volunteers, club leaders and teen leaders and note that you can register for this training. **Please note that registration closes on Thursday, December 10th, 2020, but to receive Maker materials, you must be registered by December 6th.**

Please feel free to send any questions or concerns to myself or The Illinois 4-H STEM Team at illinois4h-STEM@illinois.edu.

If you have not registered there is still time, use this link and sign up today:

<https://web.extension.illinois.edu/registration/default.cfm?RegistrationID=22105>

4-H VIRTUAL ESPORTS SPIN CLUB– BECOME A MEMBER

With eSports becoming one of the largest growing tech industries in the world, with an annual revenue of \$1.5 billion with an expectation to reach \$2.2 billion by 2023, it is time that our youth become poised and ready to meet the demands of this growing field.

Are you **at least 12 years old and own a computer or gaming system**? This year Illinois 4-H released a pilot curriculum focused on the growing field of electronic sports, or eSports, and we would like to pilot it with you! As a pilot, we hope to add to and modify the curriculum based on the feedback and input of the youth involved. Under the direction of Illinois 4-H Computer Science Innovator Eric Li, youth will be virtually guided (using Zoom) through the eSports Pilot curriculum, learn the basics of the eSports field, and learn about the hardware and software that makes eSports possible. In addition, youth will be able to play and practice their favorite games as a team, and potentially compete in one or more eSports competitions through the Spring and Summer.

Registration for this opportunity will open on Dec. 1 and close on Jan. 15, with meetings beginning the third week of January. Schedule and goals will be determined/presented in the first meeting with plans on meeting at least twice a month (and more frequently before competitions).

Interested youth can sign up at the link below:

<https://web.extension.illinois.edu/registration/default.cfm?RegistrationID=22817>

For questions or comments, please contact the Illinois 4-H STEM Team at Illinois4h-STEM@illinois.edu