



October 2020

**To Make the Best
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8 am — Noon
1 pm — 4:30 pmextension.illinois.edu/hkmwUniversity of Illinois • United States
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Extension Councils CooperatingUniversity of Illinois provides equal
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employment. If you need a reasonable
accommodation to participate in this
program, please contact your county
Extension Office**Dear 4-H Families and Friends,**

Happy National 4-H Week! We can't wait to celebrate 4-H across the nation during the week of October 4-10, 2020. This year's theme is "Opportunity4All" and I can't think of a better description of what 4-H aspires to offer every day. I want to challenge each of you to tell at least one person your 4-H story! Think about how you got involved, what friends you have made, what you have learned, and more. This year National 4-H Week might look a little different. Follow along on social media and join our At-Home Window Display movement. Everyone will be finding 4 leaf clovers this month!

4HOnline is under construction! Enrollment will be open soon. Notification will be given as soon as it is ready. Look for the email from Nicole with directions or give her a call. We are here to help!

As we move into a new 4-H year, take time to celebrate your successes this past 4-H year and identify goals for this year. Have fun during your celebration and let's work together to build a better world.

In 4-H, health is one of our top priorities, it is one of the 4 "H"s after all! On page 6 you will see some of the guidelines clubs and members must follow when meeting to help minimize the risk of spreading COVID-19. Please follow directions given by club leaders and reach out to me at srcarls2@illinois.edu if you have any safety concerns.

Yours in 4-H,

Shelby R. Carlson

Virtual 4-H Meeting Options

Some of you may not be comfortable meeting in person. Some clubs may not be able to offer a virtual option. That's okay! Our office will be offering a virtual meeting option if you are unable to meet with your club virtually or in person.

Our first meetings will be **Tuesday, October 13 at 5:30. Email Shelby at srcarls2@illinois.edu for more information or to get the meeting link.**

New Projects!

It's the new 4-H year, and we've got lots of things to get the new year started! We've added two new projects:

- Drones
- Maker

National 4-H Week – October 4-10, 2020

Theme: Opportunity4ALL

National 4-H Week is our time to tell the world about 4-H. This year's theme, **Opportunity4ALL**. We are lifting up youth voices and helping kids get equal access to the resources they need to thrive. You are encouraged to find ways to celebrate October 4 – 10. 4-H Spirit Day will be held Wednesday, October 7. Encourage your clubs to show their 4-H pride and wear a clover! Use the hashtag #Opportunity4All or #National4HWeek as you share your 4-H activities on social media. We will be sharing more information in the coming weeks.

Other dates to consider for October 2020

October 1-31 – STEM Challenge Month

October 4-10 – National 4-H Week

October 7-18 – Tractor Supply Company Paper Clover Promotion

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At-Home Window Display

The Club Window Display and Cookie Jar Decorating Contests are cancelled this year due to COVID-19. To keep with the spirit of National 4-H Week and spread the word about 4-H, we are doing At-Home Window Displays this year! Print off your own At-Home Window Display kit or break out your art supplies and decorate a window at home for your neighbors to see and enjoy. Don't have a printer at home? Call the Extension Office and request we mail you a copy of the At-Home Window Display kit. <https://go.illinois.edu/WindowDisplay> Federation is sponsoring a member competition and will be awarding 1st, 2nd, and 3rd place receiving your choice of prize from shop4h.org for \$40, \$30, and \$20 respectively. Submit your display to nenelso2@illinois.edu by **October 16th**.

National 4-H Week Schedule

Sunday, October 4: Service Project Sunday—Do something nice for a neighbor or family member.

Monday, October 5: Member Monday—Showcase that you are a member of 4-H!

Tuesday, October 6: Tell Your Story Tuesday—Share your 4-H story!

Wednesday, October 7: 4-H Spirit Day—Show your 4-H spirit! Wear your favorite 4-H shirt or green.

Thursday, October 8: Throwback Thursday—Share how you have grown in 4-H.

Friday, October 9: 4-H Favorite Project Friday—Share your favorite 4-H project!

Saturday, October 10: Shout Out Saturday—Thank someone who supported you in 4-H!

Show us how you celebrate National 4-H Week and share on social media using the hashtag

#Opportunity4All or #National4HWeek. Tag **@Knox4H** on

Facebook or **@4H_HKMW** on Instagram.

Officer & Leadership Training

Do you know what your job is as an officer of your 4-H club? Do you know how to write the minutes? The order of business? When you can write a check and when you cannot? Do you feel comfortable being a leader? If you are a club officer or a club member and the answer to any of these is no, you need to attend this workshop. There is no cost to attend. Open to all 4-H members and leaders in Knox County. Training will be Friday, November 6 from 4-6 pm, location TBA. Online registration is open until November 3. This training is geared towards younger, less experienced members. A more advanced training will be held this winter for older members.

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



End of Year Award Time Approaching

Whether you are a first-year 4-H member or a longtime member, it's time to focus on pulling together information for your 4-H award applications. Even younger members can submit the 4-H Experience Application and be eligible for 4-H recognition. Older members can submit both the 4-H Experience Application and the Illinois 4-H Scholarship Application to be eligible for state recognition, scholarships, and/or trips.



The **Illinois 4-H Scholarship** is a merit-based scholarship to award outstanding work in project areas. Five \$1,000 scholarships will be awarded in each of the following categories: Animal Science, Civic Engagement/Global Living, Creative Performing Arts & Communication, Food Systems, Healthy Living/ Nutrition, Leadership, Natural Resources & Environmental Science, Personal Growth and STEM/Robotics. The deadline to apply is **November 1**. Apply online @ go.illinois.edu/4Hscholarships.

Each 4-H member has a story to tell and is eligible for our 4-H awards program – tell YOUR stories and see where they take you!

Just the Help You Need for your 4-H Club

The Illinois 4-H Website and your New Year email have all of the resources and forms needed to guide 4-H club officers, committees, and members as they plan for the new 4-H program year. Check out the helpful links included on your 4-H Guide and plan for a great year of “Learning By Doing”.

- For resources from the State 4-H Office go to go.illinois.edu/IL4H
- Click on the **Clubs** tab.
- Scroll to Meeting Resources near the bottom of the page
- Find these helpful documents:
 - **Club Meeting Agenda** – this fillable form is a useful fill-in-the-blank form your club officers can use as they plan each section of the meeting. This useful form provides them with the meeting structure they can use to identify who from the club should be in charge of each potential item that may be included in a meeting.
 - **Club Committee Planning Worksheet** – the Committee Planning Worksheet is an excellent tool to give to committee members as they plan club events and activities.
 - **Club Yearly Program Plan** – this helpful tool guides the club officers and club members as they identify club goals to work toward during the year and brainstorm what programs, events and/or activities to plan for the club to engage members in fun, hands-on learning experiences throughout the program year.
 - **More** – Don't forget to download your new secretary book, treasurer book, tips for good club meetings, tips for using the 4-H name, and more other important resources.

Registering for Events:

4-H has so many opportunities for its members to take part in. Did you know the local extension office will help cover the cost of state conferences and events? It's true! Make sure you follow the correct procedure so you don't miss out on any opportunities. The Extension office will cover half of the fee up to a total of \$300 per year per member. The local 4-H Foundation may choose to cover more of the cost.

- Contact your local program coordinator and let them know about the event
- Register for event and select the “pay by check” or “my county will pay” option
- Let your program coordinator reach out to the 4-H Foundation
- Once the Extension Office has paid their portion and the Foundation has covered the amount they choose, you will be invoiced for the remaining balance
- Please do not pay until you have been invoiced for the total remaining cost

Navigating Mental Health Series

YOUR THOUGHTS MATTER

Register by October 2 at

[https://go.illinois.edu/
YourThoughts](https://go.illinois.edu/YourThoughts)

October 5, 12, 19, 26
and November 2 and 9
3:15p.m-4:15 p.m.
via Zoom

Topics to be Discussed:

- What is mental health?
- Mental health behaviors and disorders
- The stigma surrounding mental health
- Self-help and resources

Contact Shelby Carlson at srcarls2@illinois.edu or
Tessa Hobbs-Curley at tessa@illinois.edu with questions.

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If you need a reasonable accommodation to participate in this program,
please contact your county Extension office.

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

I PLEDGE...MY HEALTH TO BETTER LIVING



4-H Shooting Sports Fall Update

After a survey of shooting sports discipline instructors; key volunteers; and state shooting sports venues - the decision has been made to move all in-person state shoots to a virtual tournament format for health and safety reasons. This will allow for smaller, local competitions to be conducted and supervised by certified Level I 4-H discipline instructors who will then report the youth scores centrally through an on-line system.

Also, we are happy to announce that our 2020 Illinois 4-H Shooting Sports team members who were scheduled to attend the National 4-H Shoot last June (cancelled due to COVID-19) will be invited to shoot at the same national event in 2021 if they are still age eligible. Our 2020 virtual shoot results and the data from 2019 State Shoots will then be used to fill any gaps in the 2021 Illinois team.

The virtual shoot will run for the months of September – December, 2020. Registration will be free and have both a Junior (11-13 years) and Senior (14-18 years) division! Disciplines offered will be compound archery; recurve archery; shotgun (trap); and air rifle. The rules, registration link, and score submittal link are attached to this email and also posted on the Illinois 4-H website at: <https://4h.extension.illinois.edu/events/illinois-4-h-virtual-shoot-fall-2020>

Virtual Shoot registration opens Sept. 1st. Email Julian Inniss, 4-H SPIN Program Coordinator at jinniss@illinois.edu to learn more or to register for the Virtual Shoot. Due to safety reasons, members will only be allowed to shoot in disciplines they have previously been enrolled in. Stay tuned for more information about joining 4-H Shooting Sports in the spring.

There are no current plans to conduct an in-person 4-H Shooting Sports adult certification training in the fall of 2020 at this time. This situation is still pending and is dependent on pandemic management guidelines.

Youth for the Quality Care of Animals (YQCA)

4-H members exhibiting animals entering the food production system will be required to complete the **Youth for the Quality Care of Animal** certification (YQCA). It will replace former trainings: PQA and QAEC. This program is the industry-standard certification. Check with local offices about completing the training. The training must be completed each year.

Horses, dogs, cats, poultry, and rabbit project members will still be required to take the **Quality Assurance and Ethics** (QAEC) training. This training is only required once in the member's career. **Dates TBD**

Junior Leadership Conference

November 7 | Virtually held on ZOOM

You'll laugh. You'll make new friends. You'll even learn cool ideas to take back to your own 4-H Club at this year's Illinois 4-H Junior Leadership Conference. The conference is open to 4-H members in 7th and 8th grade. Registration closes when we reach 250 participants, so don't wait to the **Oct. 24** deadline. Do it now! REGISTER: go.illinois.edu/4Hjlc. This year's conference will be held virtually on ZOOM. Links for sessions, workshops and activities will be send in advance to participants.

In addition to cool things to do, you'll each have the opportunity to select two of these workshops to attend:

- **Bouncin' Back: Resilient Me:** Have you ever received a bad test grade? Maybe you did not get the 4-H Officer position you ran for or you just had a bad day. We all face hardship or adversity in our daily lives, but do not let it be something that stops you! Join us as we learn how to build our resilience through a series of games and challenges!
- **From Leading to Succeeding:** Has the idea to become a successful leader ever crossed your mind? If so, this is the workshop for you! You will learn how to be a better leader in your county and hear about various 4-H opportunities at the state and national level.
- **Inspire Others to Serve:** A fun and interactive way to learn how to plan and run your own community service project in your community! We will begin giving you ideas, tips, and tricks to help you be successful in leading a project, then we will create and run mock projects. You'll leave knowing how to involve yourself in your community, and the ability to implement your own community service project.
- **Mind Matters:** Do you feel stressed out all the time? Maybe you can't help but procrastinate? Then this is the workshop for you! In this workshop, we will be going through time management skills and techniques to help you manage stress. So don't stress, you got the time to join this workshop!
- **Speak Out:** Learn to listen, effectively share thoughts, and speak out! In this workshop we will also talk about confidence, how to send positive body language and provide constructive feedback. Improve your communication skills through games and activities with us!

Teaming Together to Lead the Fun: Are you ready to take action? Join us and begin to learn some creative ways to gain communication and leadership skills through our fun virtual team building games! With both small groups and the entire team, collaborate together to solve problems and create stories that enhance your teamwork skills.



Keeping Safe During Club Meetings

As 4-H'ers, we consistently go above and beyond to ensure the health, safety, and wellbeing of others. During the current pandemic we are facing, I have been amazed at the selflessness displayed by 4-H members across the county, state, country, and world. We once again call on you to practice this service to others by following the following protocol during club meetings.

- Once your leader determines if your club will meet in-person or virtually, they will be in contact. Clubs may also offer both virtual and in-person options. Please practice proper online etiquette if that option is used. If you are uncomfortable meeting in person and your club is not prepared to offer a virtual option, email Nicole at nenelso2@illinois.edu to make other arrangements. For this year, virtual attendance counts as being present at a meeting.
- All attendees must wear a mask and practice proper social distancing. Those from different households should be at least 6 ft apart at all times.
- All surfaces will be sanitized before and after the meeting. Please refrain from sharing writing utensils during the meeting unless it has been properly sanitized.
- Refreshments can not be served during meetings. You may choose to bring your own snack but you are unable to share this snack.
- Follow all directions given by club leaders posted signs and stay home if you are feeling unwell.
- Please contact Nicole at nenelso2@illinois.edu if you have concerns or questions. This 4-H year is going to look a little different but we are always working to "make the best better".

4-H VOLUNTEER CAFÉ CONVERSATIONS!

Register to participate in the *4-H Volunteer Café Conversations*. We are so excited to be launching 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 will address two topics during each Café Conversation so come with your ideas, questions, and since this is a Café Conversation, feel free to bring a snack as well!

Session #2 - Thursday, November 19 Session #3 - Thursday, February 18 Session #4 - Thursday, May 20

SAVE THE DATE! Registration link will be provided soon.

4-H VOLUNTEER VIRTUAL TRAINING OPPORTUNITIES

Code of Conduct – Thursday, October 15, 2020

Effective & Engaging Meetings – Thursday, November 7, 2020

Parliamentary Procedure – Date Pending

4-H Exchange Outbound 2021

The application for summer 2021 Outbound Exchange is now open. Programs range from 2 weeks, 4 week or 8 weeks abroad. The countries on the 2021 list are: Argentina, Costa Rica, Japan, Korea, Norway, Romania and Taiwan. See flyers for more details on each program <https://uofi.box.com/s/zgx9zcmnypz60695nyy4ty5ksga8saxd> Application link: <https://smr.to/p66312>

APPLICATION TIMELINE

November 1- application submitted online

November 1-15 State coordinator interview with applicants

November 15 first deposit sent to the State coordinator (*see flyer for program amount*).

January- accepted applicants are notified and deposit checks are cashed. (*If you are not accepted into the 2021 program, your deposit check returned*).

If you have questions you can email Elisha Hughes at ehugh2@illinois.edu or call Miriam Rosenbohm at 309-339-8282



Unit-Wide Policies

- The new year begins September 1. Please make sure you read and understand the policies. We are trying to keep the deadlines consistent so it is easier for everyone to remember the dates. If a **deadline** lands on a weekend the paperwork needs to be turned in the drop box on Monday prior to 7:59 a.m. before the office opens.
- **October 11** - RISK forms need to be turned into the office by all new members and those who do not have one on file. Medical forms need to be turned into your leader.
- **December 1** - Re-enrollment, project selection, and RISK form need to be completed. **If you were a member last year, and you miss the December 1 re-enrollment deadline, you will not be eligible to participate in the 2021 4-H shows at the fair.** Check with your club leader about the \$20 program fee. Each club will be invoiced for the total amount due.
- Members will need to **attend at least four meetings** a year to be eligible to participate in your county's 4-H fair. **This year attending meetings virtually as well as in person counts for attendance .**
- At minimum members must complete **a talk or demonstration**. However, clubs may require both.
- Secretaries are required to **send attendance sheets to the Extension Office monthly** after each 4-H meeting. Attendance reports may be emailed, scanned, mailed, or dropped off. We ask that you use the online Secretary Record Book. You may print it out.
- Treasurers need to make sure they are **balancing accounts monthly** and providing reports during each meeting. Also, make sure you are using the required online Treasurer Record Book.
- **January 1** – Livestock and Companion Animal (dogs and cats) Project Enrollment deadline. This is the last date you may add **ANY livestock** project and still be eligible to show that project at the county 4-H fair.
- **March 1** – General Project enrollment deadline. This is the last date you may add a general project and still be eligible to show that project at the county 4-H fair. Remember that you already turned in your enrollment in December, but if you need to add a general project you may do so before this deadline.
- **May 1** - Horse project members' ownership/lease papers and pictures due to the office.
- **May 1** – **Youth for the Quality Care of Animals (YQCA)** yearly certification is required of all livestock project members (aside from cats, dogs, horses, poultry, and rabbits). For all other animals, QAEC will still be required. If you plan to show livestock at the county and/or state fair, this is now a state requirement for all of us at the county level. Ask your local extension office about ways to complete this training online or in person. **For all other animals (cats, dogs, horses, poultry, and rabbits), QAEC will still be required.**
- **June 1** – Dog project members' ownership/lease papers due to the office.
- **4 weeks before show** – Online entries will be due at the close of the day. This is where you tell us what projects you are bringing to the fair. Keep in mind—do not delay!

Mark Your Calendar With 2020-2021 Dates– More to Come!

October 4-10	National 4-H Week
October 16	DEADLINE: At Home Window Displays Due
October 24	DEADLINE: Junior Leadership Conference Registration
November 1	DEADLINE: State Scholarships & Sustaining the Future Award
November 3	DEADLINE: Officer & Leadership Training School Registration
November 6	Officer & Leadership Training School
November 7	Junior Leadership Conference
December 1	Re-Enrollment Deadline
January 1	Livestock Project Deadline
March 1	General Project Deadline
May 1	Horse Paperwork Due
May 1	YQCA/QAEC Due
June 1	Dog Paperwork Due

Want to continue your 4-H journey?

Sign a College Contract with us! If you are not yet 19 by September 1, 2020, then you are eligible to continue your Knox County 4-H membership with us. Ask Nicole for more information!

Join Collegiate 4-H At U of I

A great way to meet people at U of I is by joining C4-H, the registered student organization for 4-H alums attending University of Illinois. For more information, contact Brittney Muschetto at uiuccollegiate4h@gmail.com.



ILLINOIS 4-H STATE DOG SHOW RESULTS

BLAKE MEEKER—DOG OBEDIENCE PREFERRED NOVICE—BLUE, RESERVE

BLAKE MEEKER—RALLY NOVICE—BLUE

GRANT ALEXANDER—RALLY INTERMEDIATE—BLUE

Club Reports

Club Report Submissions are due by the 26th of each month by 11:59 PM to Nicole, nenelso2@illinois.edu

Please keep your submissions to a maximum of 200 words to ensure space for all club reports.

Delong Livestock Report by Cora Buchanan (2019-2020 Reporter) The Delong livestock meeting took place at the Knoxville Fairgrounds at 6:05 P.M. on September 13th. Pledges were done, followed by the Secretary's report and Treasurer's report. New members were introduced. Old business was discussed through the Hilite. Elections were conducted. The meeting was adjourned at 6:34 P.M. and the next meeting will be held on Sunday, October 11th on 5:00 at the Hopkins's residence.

Delong Livestock Report by Dylan Nimrick (2020-2021 Reporter) The first meeting of the year for the Delong Livestock 4-H club was held on Sunday September 13th at the Knox County FairGrounds. Katelyn Engel called the meeting to order at 6 pm. We discussed several important reminders and events from the county newsletter. Officer reports are due September 15th and member awards are due September 28th. Federation meetings will be held on the 3rd Sunday of each month. This year's activities for 4-H week will be different due to COVID restrictions. Shooting sports will also be in a virtual format this year. We also elected our 2020/2021 officers. President, Jack Link. Vice President, Paige Nimrick. Secretary, Allie Hopkins. Treasurer, Zach Hopkins. Reporter, Dylan Nimrick. Historian, Katelyn Engel. Recreation Chair, Drake Nimrick. Flag Keeper, William Carlson. Sign Keeper, Will Shreeves. Our next meeting will be Sunday October 11th at 5pm. It will be held at the Hopkins' home.

Rio Livestock Report by Clara Asplund The September Rio Livestock meeting was on the 13th at 3 pm. The meeting was held at the Cain's farm. Everyone had to be socially distanced and wear a mask as well as sanitize when they got there and have their own pencils so as to not spread germs. We voted on who the new officers are and talked about how to continue to run our club as smoothly as possible while in the midst of a pandemic. The meeting lasted an hour and a half and all the new officers had to have their pictures taken.

Farmer's Forecast

Please submit all Farmer's Forecast articles and JPG photos to nenelso2@illinois.edu. Articles are due no later than the **26th of the month at 11:59 PM**. Need Ideas about what to write? Just ask!

November: Hague Hustlers

December: Happy Hustlers



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extension.illinois.edu/hkmw