



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

# McDonough County 4-H Clover

**October 2020**

## To Make the Best **BETTER**



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**McDonough County 4-H**  
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**Monday Through Friday**  
8:00-Noon  
12:30 –4:00

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### **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!

Now is the time to re-enroll in 4-H Online. Look for the email from Beth 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 5** 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](mailto: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](mailto:srcarls2@illinois.edu) to for more information or to get the meeting link.**

**I PLEDGE...MY HEAD TO CLEARER THINKING**



National 4-H Week is our time to tell the world about 4-H. This year's theme is **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. 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 on Facebook so be sure to follow up to stay up to date.

## At-Home Window Display

Due to COVID-19 we are going to change things up with our Club Window Displays. Keeping with the spirit of National 4-H Week and to help spread the word about 4-H, we are doing At-Home Window Displays! Here is how you can participate:

- Get a Window Decorating Kit from our 4-H Club leader at your next meeting, or
- Print your own kit at <https://go.illinois.edu/WindowDisplay>, or
- Pick up a kit from the Extension Office, or
- Break out your art supplies and create your own display for everyone to see!

## 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 **@McDonough County 4-H** on Facebook or **@4H\_HKMW** on Instagram.

## 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](mailto:srcarls2@illinois.edu) or  
Tessa Hobbs-Curley at [tessa@illinois.edu](mailto:tessa@illinois.edu) with questions.

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please contact your county Extension office.

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

## Share Your Story – True Leaders in Service

4-H members and clubs have continued to demonstrate they are **True Leaders in Service**, as they have worked independently to support both their personal and club goals of making a difference in their community by focusing their energies on the 4<sup>th</sup> “H” and pledge their HANDS to larger service! Illinois 4-H members and clubs have demonstrated how to **Make the Best Better**, during the COVID-19 crisis by developing plans and taking action collecting and donating food to stock shelves at local food pantries; reaching out vulnerable populations who may not have family members close to pick up needed supplies; and by making hundreds of face masks face masks to distribute to medical facilities; local businesses; and in communities.



If you did not register your plan for serve outreach, please use this link to share what your plan <https://4h.extension.illinois.edu/clubs>. Be sure to also follow-up and report what you accomplished on through your service project. The accomplishments of both individual members and clubs will be highlighted on the Illinois 4-H Website so make sure you go use the reporting link located in the middle of the page where it says, CLICK HERE to report your 4-H Community Service Activity to provide your club update!

## 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](mailto:uiuccollegiate4h@gmail.com).



## McDonough County 4-H Awards Program

The 2019-2020 4-H year was...certainly different! Thank you to all the 4-H parents, 4-H families, and local Businesses, and community members that worked with our 4-H youth throughout the year. When we invest in our youth, they will in turn take pride in their community, and help better the world. Our clubs participated in a number of community service activities over the year including; food drives for local food pantries, pet food drive, solidier care packages, gift wrapping for WIRC, donation to Salvation Army Angel tree, sewing masks for local health care workers, just to name a few. We worked together and pulled off a virtual 4-H fair. We got creative on how to stay in touch and we continued to make our best better.

We are going to celebrate and highlight all that we did at our drive thru Awards program on Friday, October 30th at the 4-H Center from 4-6 p.m.

***\*Friendly reminder that we will be handing out Fair Trophies too!***



## 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 your 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 a virtual and in-person options. Please practice proper online etiquette if that option is used. **If you are uncomfortable meeting in person and you club is not prepared to offer a virtual option, email Shelby at srcarls2@illinois to make other arrangements.** For this year, virtual attendance counts as being present at a meeting.
- All attendees are encouraged to wear a mask outside and required inside 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 Shelby at srcarls2@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”.

## 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:

- *Maker*
- *ESports*

Download the new Project Guide at [go.illinois.edu/4Hprojectguide](http://go.illinois.edu/4Hprojectguide).

## Thank You to our 4-H Club Leaders

We have some AMAZING leaders! Thank you for volunteering your time and helping our members keep “Learning by Doing”



## 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. 1<sup>st</sup>. Email Julian Inniss, 4-H SPIN Program Coordinator at [jinniss@illinois.edu](mailto:jinniss@illinois.edu) to learn more or to register for the Virtual Shoot. **Due to safety reason, 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.**

## 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 rabbits 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**

## 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

## 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 7<sup>th</sup> and 8<sup>th</sup> 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](https://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.

## 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 McDonough County. Training will be Friday, November 6 from 4-6 pm, location 4-H Center. 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>



## 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!

# October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
National 4-H Week   Opportunity4All						
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

[www.a-printable-calendar.com](http://www.a-printable-calendar.com)

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

September 28	Experience Awards Due
October 4-10	National 4-H Week : Opportunity4All
October 7	4-H Spirit Day
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

# National 4-H Week

## Word Search

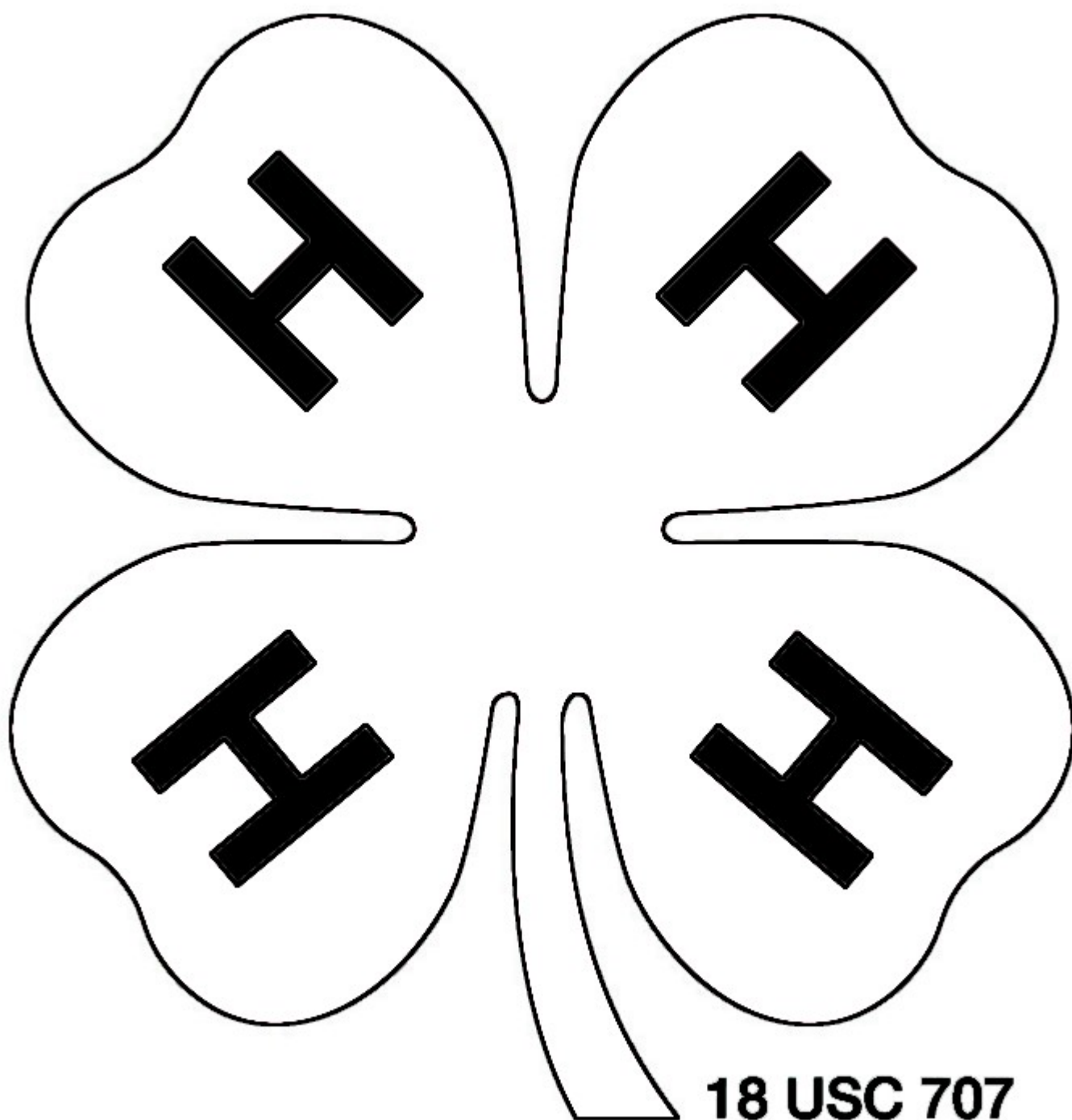
Y S N R J L T B B W I U B M F F F P S T  
 B D E Q E Z U U M J T L Q A G F T X N Q  
 G L W C G T L O B O A A L K M T Q E L J  
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 G C R G J K D S L U H V V S R N G F D H  
 V F E J J R W H R K Y U K U B O X E M R

### McDonough County Words

BLANDINSVILLE  
 BUSHNELL  
 CLUB  
 COLCHESTER  
 CORN CLUB  
 DOING  
 FOUR H  
 GOOD HOPE  
 INSPIRE  
 LEAD  
 LEADERS  
 LEARNING  
 LOYALTY  
 MACOMB  
 MAKE THE BEST BETTER  
 NATIONAL  
 PRESIDENT  
 RECREATION  
 REPORTER  
 SCOITA  
 SECRETARY  
 SERVICE  
 TEAM  
 THANK YOU  
 TREASURER  
 WEEK

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**18 USC 707**

Join the fun and add a clover to your home window  
for National 4-H Week, October 4-10th!

**HAPPY BIRTHDAY**

***Happy Birthday To You, Happy Birthday To You.....***

A very Happy Birthday to all the 4-H members born in August and September! We want to celebrate with you! Please stop into the Extension office to pick out a 4-H birthday gift and let us wish you a “Happy Birthday.”



4H\_HKMW



4H\_HKMW



@McDonough4H



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