



# NEWSFLASH



April 16, 2020

*Inspired to Lead— Called to Serve*

**Stephenson County**  
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- **Margaret Larson**  
County Extension  
Director
- **Becky Gocken**  
Program Coordinator  
4-H Youth  
Development
- **Julie Miller**  
Office Support  
Assistant



[Find us on  
Facebook!](#)

University of IL Extension would like to take the opportunity to celebrate the impact of volunteer service on our communities. Your support of local events, volunteer projects, and 4-H work demonstrates that every individual has the power to create change, taking action to tackle issues and build stronger communities.

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## CELEBRATE SERVICE

NATIONAL VOLUNTEER WEEK  
APRIL 19-25, 2020

THANK YOU VOLUNTEERS!

Good afternoon 4-H Families,

I hope each of you are doing well and handling the quarantine to the best of your abilities. I appreciate the kind and supportive emails I have received from many of you during this time. We will continue to move forward with hopes of the “stay at home” being lifted soon!

Angela, Stacy and I have been collaborating to showcase our 4-H alumni in different professions. If you are in a Medical-Health or Public Safety profession, we would love to include you on our social media posts. Please send me your name, type and place of employment, photo and what club you are an alumni from! We would also like to showcase our Teachers, Farmers, and all other Essential Workers next, so please send me those as well! You all are amazing and we appreciate you!

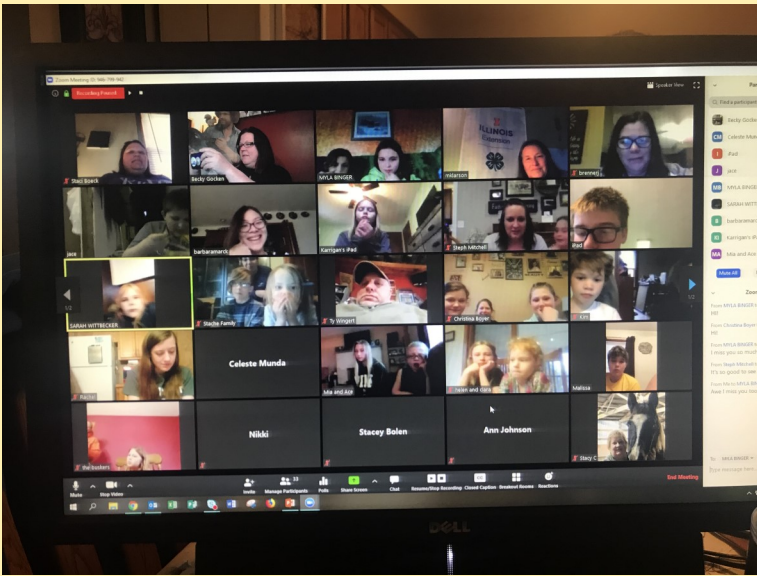


As you can see, my family was over the snow we had yesterday morning. Time for Spring and warmer weather!

Stay healthy and safe!

Becky Gocken

# STEPHENSON COUNTY-WIDE VIRTUAL 4-H MEETING



On Monday, April 6, 2020, we held our first ever Stephenson County-wide virtual 4-H meeting via Zoom! We had 45 families participate, many with numerous family members on one device! I would like to send a BIG SHOUT-OUT to Magen and Rachel Busker for their dairy farm tour video. If you missed it, you can watch it here: <https://youtu.be/LINsfUK64Z4>.





## STEPHENSON COUNTY SHOUT-OUTS

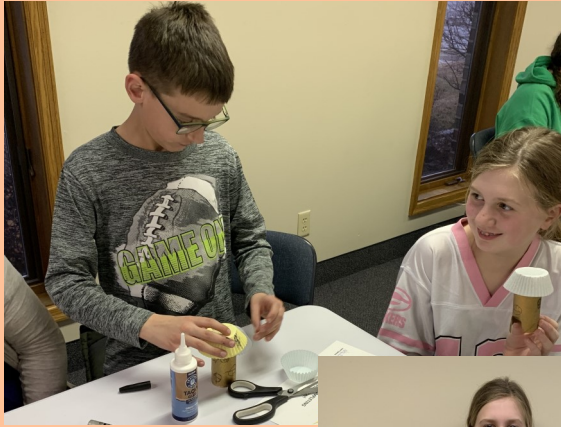
# Lena Live Wires

Gracin and Chloe are working on their "Each One Teach One" lesson.

Ellie is giving a talk on her photography project.

The club made little houses during their lesson time.

Chloe received a certificate for completing her award application last fall.



*Thank you to our 4-H Alumni working in  
Medical-Health & Public Safety Professions!*



**Mary Engelkens**

CNA at Liberty in the Hawthorne Inn  
Alumni for Rainbow Rangers 4-H Club

"I wanted to follow in the footsteps of my Grandma on becoming a nurse I'm working on that by attending Highland College, she was just accepted into the nursing program. I love being able to help people in general but there is something very rewarding working with the elderly as well. I plan on going on and becoming a labor and delivery nurse."

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*Thank you to our 4-H Alumni working in  
Medical-Health & Public Safety Professions!*



**Ernie Stabenow**

Freeport Firefighter/ Paramedic  
Alumni for  
Lena Lucky Clovers 4-H Club

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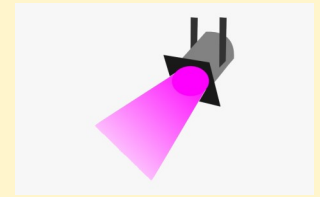


Thank you to our 4-H Alumni working in Medical-Health & Public Safety Professions! Are you a 4-H Alumni and would like to be featured on our social media? Please send me an email ([rgocken@illinois.edu](mailto:rgocken@illinois.edu)) with your name, photo, job title and what 4-H club you are an alumni from.

## 4-H AMBASSADOR SPOTLIGHT— CELESTE MUNDE



Name: **Celeste Munda**



How long have you been in 4-H? **6 years**

How long have you been a 4-H Ambassador? Why did you want to become a Stephenson County 4-H Ambassador?

**2-3 years, At first because Denise asked me to, but I came back because I enjoyed it.**

How would you describe 4-H to someone that has never heard of it?

**It's a program where you do both volunteer work for your community and personal projects to better both your**

**community and self.**

What is your favorite 4-H memory/ story?

**Showing my first rabbit Dutchess, we were at the fair for over 6 hours but I took home runner up.**



What is your favorite indoor/outdoor activity?

**Video games and hunting**

Tell us something about you that might surprise us.

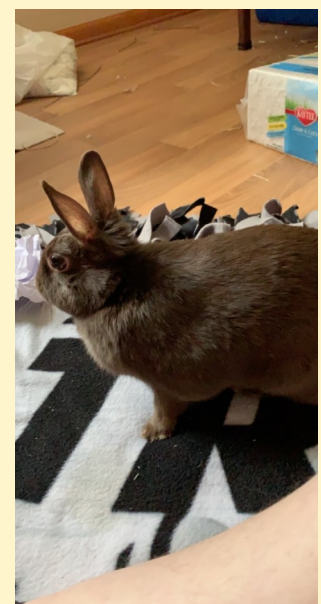
**I played soccer for seven years**

If you could learn to do anything, what would it be?

**How to paraglide**

What advice would you give to someone just starting out in 4-H?

***Do as many things your club offers as you can handle, always try to volunteer, do what projects make you happy, just PARTICIPATE you won't regret it!***





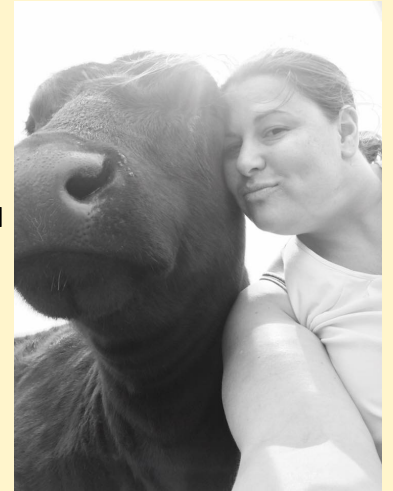
## 4-H VOLUNTEER SPOTLIGHT— JAMIE STABENOW

### Volunteer Spotlight



My name is Jamie Stabenow. I work at home on our family farm with my husband and three sons and I run a senior photography business at Jamie Leann Photography. I have been a 4-H volunteer now for 7 years now ( I think??) :) I am an Organizational Leader for the Lena Lucky Clovers. I was not involved in 4H as a kid. I didn't even know that the 4-H program existed! I grew up in an urban area where it was not a widely offered program for kids.

4-H to me means a greater opportunity for kids for learning, growing, and developing additional skills in various areas that are not usually offered in the school set. I'm also a firm believer that 4-H teaches kids a greater sense of responsibility. My favorite 4-H memory is a little personal, all three of my boys were interviewed by Channel 17 news in 2013 about their cow/calf pair and what it means to them about showing their cattle. They were a lot younger at the time so I was a little nervous about what they might say but they did very well and were very informative and made me a very proud momma!



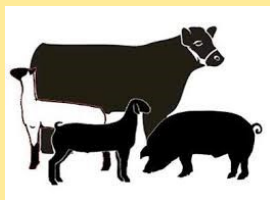
My favorite indoor activity is reading (I wish I had more time to read) I really enjoy historical fiction. My favorite outside activity is working and being around our cattle especially during calving season and working in my flower gardens, I can't wait for a little warmer temps so I can start planting my containers. Something that might surprise others about me is I love to travel...but I rarely get the opportunity to do so. My favorite place so far is Ireland. If I could learn anything I think I'd like to learn to speak a foreign language..maybe Italian or German.



I always tell our new 4-H members to just try 1 or 2 projects their first year in 4H and don't over do it. I also try to encourage kids to try something new, they just might surprise themselves and like it!!



## STEPHENSON COUNTY 4-H INFORMATION



### **Attention 4-H Swine, Sheep, Goats, Beef and Dairy Show Participants:**

**The YQCA annual training is required by the state 4-H office this year to show in any 4-H Swine, Sheep, Goat, Beef or Dairy livestock show. All in-person trainings have been suspended. You will need to complete the training online for \$12.**

<https://yqca.learngrow.io/Account/Login>

**All other livestock shows still require the QAEC training which can be found at <https://web.extension.illinois.edu/qaec/>.**

**These trainings must be completed by June 1, 2020!**

We are currently seeking a new Technologies Superintendent for the fair!

Please email or call Becky if you are interested!

815-235-4125 or [rgocken@illinois.edu](mailto:rgocken@illinois.edu)

## COVID-19 UPDATES

### **Illinois Extension event cancellation notice: Stephenson County 4-H**

Effective immediately, ALL face-to-face events organized by Illinois Extension have been cancelled, suspended, or transitioned to online delivery. This means that all 4-H club meetings are cancelled through May 31, 2020 unless otherwise notified.

During this time, we are committed to supporting you in your continued 4-H project experience at home. Right now, we are preparing a series of statewide 4-H Online engagement opportunities through our Facebook page (Illinois 4-H). Please check there for updates. As additional resources are identified, we will share through social media and e-blasts.

We know that you may also have questions and concerns about summer events. We will be actively monitoring the situation and providing updates as they are available. We know that you have put a lot of work into your 4-H projects. Be assured that we are exploring all possibilities for providing continued judging, exhibit, and showcase opportunities.

**Resources for Responding to COVID-19:** <https://extension.illinois.edu/global/resources-responding-covid-19>





# STEPHENSON COUNTY IMPORTANT DATES TO REMEMBER

## APRIL 2020

- 15 Fair Entry Opens for GP & Fair
- 18-25 National Volunteer Week
- 27 6:30 p.m. Organizational Leaders Meeting (tentative)

## MAY 2020

- 1 **Ownership/ Lease Deadline for Horse Show— due to Extension Office**
- 2 **Ownership deadline for all Swine (no paperwork to Ext. Office)**
- 15 Ownership deadline for Sheep Wethers and ALL Meat Goats

## JUNE 2020

- 1 **Deadline for YQCA & QAEC Certification**
- 1 **Ownership deadline: Beef Heifers, Beef Bucket Calves, Dairy Goat Kids, Dairy Goat Yearling (not in milk), \*ALL Pygmy Goats, Dairy Calves & Heifers, All Poultry, Rabbit & Cavies (No paperwork to Ext. Office)**
- 1 **Ownership/ Lease Deadline Dog Show—due to Extension Office**
- 3, 10, 17, 24 6 p.m. Dog Class, Stephenson Co. Fairgrounds, Foresight Commercial Bldg.
- 14 2020 Northern Illinois 4-H Horse & Pony Show, Stephenson County Fairgrounds, Freeport
- 15 **LAST DAY TO REGISTER IN FAIR ENTRY**
- 19 9-2:30 p.m. Babysitting Clinic, Pearl City Park District
- 20 Stephenson County Ag Breakfast
- 20 9:00 a.m. 2020 Western Illinois 4-H Horse Show, Monmouth, IL
- 22 5:30 p.m. Fair Committee Meeting
- 23 **6:30 p.m. Public Speaking Contest, HCC, Bldg. H-127**

## JULY 2020

- 1 6 p.m. Dog Class, Stephenson County Fairgrounds, Foresight Commercial Bldg.
- 3 9:00 a.m. 4-H Stephenson County Fashion, Highland Community College Cafeteria
- 3 1-1:30 p.m. 4-H Candy Making Shows, Highland Community College Cafeteria
- 3 1:30-3:30 p.m. 4-H Cake Decorating, Cookie Decorating, Highland Community College Cafeteria
- 3 2:30 p.m. 4-H Flower Arranging Contest, Highland Community College Cafeteria
- 4 Extension Office closed for Independence Day

### Find Help for Your Projects

We have dozens of projects you can choose to take, and ways to help you learn! Check out the resources available @ <https://4h.extension.illinois.edu/project-resources>. Some are available from the county Extension office. Others you can order directly from Shop 4-H or other state Extension programs.

Give us a call if you have questions.

# STEPHENSON COUNTY IMPORTANT DATES TO REMEMBER

## JULY 2020

3	1:30-3:30 p.m.	4-H Cake Decorating, Cookie Decorating, Highland Community College Cafeteria	
3	2:30 p.m.	4-H Flower Arranging Contest, Highland Community College Cafeteria	
4		Extension Office closed for Independence Day	
8	9 a.m.	<b>General Projects Day</b> , Stephenson County Fairgrounds, Foresight Commercial Bldg.	
8	6 p.m.	Dog Class, Stephenson County Fairgrounds, Foresight Commercial Bldg.	
10	6 p.m.	Dog Class, Stephenson County Fairgrounds, Foresight Commercial Bldg.	
11	9:00 a.m.	Stephenson County 4-H Dog Show, Stephenson County Fairgrounds, Foresight Commercial Bldg.	
11	1:00 p.m.	Stephenson County 4-H Cat Show, Stephenson County Fairgrounds, Foresight Commercial Bldg.	
20	9:00 a.m.	4-H Crops, Cooking, Cloverbuds Shows, Stephenson County Fairgrounds, Foresight Commercial Building	
20	1:00 p.m.	Cloverbud Show, Stephenson County Fairgrounds, Foresight Commercial Building	
21-25		<b>Stephenson County Fair</b>	
21	8:30 a.m.	4-H Rabbit & Cavy Show, Rabbit Barn	
21	8:45 a.m.	4-H Poultry Shows, Poultry Barn	
21	9:00 a.m.	4-H Swine Show, Swine Barn	
21	9:00 a.m.	4-H Beef Show, Beef Show Ring	
21	9:00 a.m.	4-H Sheep Show, Sheep Show Ring	
21	9:30 a.m.	4-H Goat Show, Goat Show Ring	
21	9:30 a.m.	4-H Dairy Show, Dairy Show Ring	
23	5:30 p.m.	Parade of Excellence, FHN Grandstand	
25	1:00 p.m.	4-H Master Showmanship Contest (Swine, Sheep, Beef Show Rings)	
26	8:30 a.m.	4-H Stephenson County Horse Show- Rain or Shine	

## AUGUST 2020

14		Stephenson County State Fair Show Date
29		State 4-H Dog Show, Granny Rose K-9 Enrichment Center, Dixon, IL

## SEPTEMBER 2020

11-12		Stephenson County 4-H and Extension Foundation Cub Foods Brat Stand Fundraiser
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## STATE 4-H INFORMATION:



### Be a True Leader in Service

April 25 | Nationwide

Join 4-H members and clubs across Illinois and the nation on **Saturday, April 25** as part of **True Leaders in Service!** 4-H clubs serve their communities all year long however the month of April has been selected as a time for ALL 4-H clubs to join together to roll up their sleeves in service to local communities. In the current COVID-19 situation, it is important that we all follow CDC and safety guidelines, but there are still ways to serve safely and practice social distancing – write and mail cards to those who are socially isolated, organize a group online to teach and share something from your 4-H project, sew PPE masks to donate locally. If you have ideas for a statewide, COVID-safe service project, this is a great opportunity to plan and promote something for others to participate in. Send your ideas to [Illinois4H@illinois.edu](mailto:Illinois4H@illinois.edu).

Make your plans now on how you'll help others. Find resources @ [go.illinois.edu/4Hdayofservice](http://go.illinois.edu/4Hdayofservice). Later in 2020, you can register your projects there! The goal of the 4-H True Leaders in Service day is to encourage 4-H members in every county to make a positive difference. Service projects can be done by individuals, by 4-H clubs, or as a countywide service project. No matter what the project is, this will be a day to make a difference.

### Foundation Hall of Fame Ceremony

The Illinois 4-H Foundation will honor one volunteer leader from each county at a ceremony during the Illinois State Fair. The celebration begins at 3 p.m. Tuesday, Aug. 18 as part of Ag Day at the fair right before the Sale of Champions activities begin. Supporters and families of the recipients are welcome to attend.

### NEW: 4-H Shooting Sports Volunteer Certification Field-Day Training Dates:

**Western Illinois: Saturday, June 13** at Gardner Camp, Hull, IL. Register between April 1 – June 3.

**Northern Illinois: Saturday, Sept. 12** at Torstenson Youth Education Center, Pecatonica, IL. Register between July 1 - September 2.

The Illinois 4-H program needs adults willing to serve as mentors and share their passion of shooting sports. Here's what you need to do:

- Contact your local Extension office and complete the required forms and background checks. Most Extension offices cover training fees with 2 year commitment from volunteers. Your local Extension staff will complete your registration.
- Complete a 3-hour online training module at home.
- Attend a 9-hour hands-on field day which runs from 9 AM to 7 PM.
- \$85 fee covers two meals; all equipment and ammunition; on-line curriculum fee; instructors manual; complete full-day individual instruction; and Level I instructor cap.

## STATE 4-H INFORMATION:

### Celebrate 4-H Volunteers April 19-25

Illinois 4-H will celebrate the more than 11,000 4-H adult volunteers supporting and guiding 4-H members during National Volunteer Week, April 19-25. 4-H volunteers are the caring adults who are empowering and preparing youth for success as 4-H members provide service to others and in their communities. Today's 4-H youth are engaged in diverse learning experiences where they practice skills employers want; grow and distribute food to communities in need; steward our natural resources; identify local issues and initiate positive change in local, state, national, and global issues; and they make and influence positive choices for healthy living. All of these things happen because of engaged volunteers in local communities.



In Stephenson County, there are 98 volunteers who inspire youth involved in local 4-H programs.

4-H and their leaders include:

#### Leader

Stephanie Mitchell

Bonnie Campbell

Alicia Glendenning, Dean Kuper

Denise Hayunga

Josh & Stacey Bolen, Ann Johnson

Bonnie Bawinkel, Rose DeVries

Kathy Baumgartner, Sheila Keene

Kristi Krahmer, Jamie Stabenow

Jen Brenner, Nikki Keltner, Barb Curry

Curt & Pennie Miller, Brenda Forth

Becky Thomas

Gail Engelkens

Karen Wilhelms

Pat Yeagle

Courtney Cary

#### Club

Country Cuzins

Davis Rockets

Florence Crickets

Freeport Fantastics

German Valley Golden Eagles

Harlem Helpers

Lena Live Wires

Lena Lucky Clovers

Pearl City Hornets

Pearl Valley Rangers

Pearl Valley Rangers

Rainbow Rangers

Rainbow Rangers

Snappy Snazzers

Whiz Kids



## STATE 4-H INFORMATION:

### Look for These Changes at the Illinois State Fair

With the timing of the state fair and the anticipated start of school, the 4-H General Project Show at the state fair has been condensed to three days: Aug. 14, 15, and 16.

- Exhibits must be in place by 9:30 AM and remain on display **until 4 PM**. (new release time)
- The awards will include **Champion Medals** for the highest score in each project class and **Reserve Medals** for the second highest score in each class. Cash premiums from the state will be paid to the medal winners. **Innovation Awards** will be given to exhibits judges find inspiring, innovative, or creative and are not based on scores. Medal winners cannot receive the innovation award in 2020.
- **New projects** at the state fair include: Child Development, Leather, Sports Nutrition, Family Heritage, and Shooting Sports
- The **State 4-H Public Speaking Contest** will be held at the same time as the state fair. Youth can compete in a speech and also bring a project to the General Project Show. Youth must be selected in their county contest to advance and will speak the same day as their county exhibit day.
- **Ewe lambs** are now eligible for the premier show.
- Steers advancing to state fair **must be weighed by Feb. 29**.
- The **junior poultry show** begins Monday, Aug. 17.
- The **State 4-H Poultry Judging Contest** will be held at the state fair on Monday, Aug. 17.
- The **junior rabbit show** begins Saturday, Aug. 22.
- Check out all the livestock ownership deadlines online @ [go.illinois.edu/4Hlivestock](https://go.illinois.edu/4Hlivestock).

### Our exhibit day is August 14, 2020.

<b>August 14</b>	Bureau, Carroll, Champaign, Coles, Cumberland, DeWitt, Ford, Fulton, Henry, Iroquois, Jo Daviess, LaSalle, Lee, Macon, Marshall-Putnam, Mason, Mercer, Moultrie-Douglas, Peoria, Piatt, Rock Island, Shelby, Stark, Stephenson, Tazewell, Vermilion, Whiteside, Winnebago
<b>August 15</b>	Christian, Clark, Clay, Cook, Crawford, DeKalb, DuPage, Edgar, Effingham, Fayette, Franklin, Jackson, Jasper, Jersey, Johnson, Kane, Kendall, Livingston, Logan, Macoupin, Massac, McLean, Menard, Montgomery, Ogle, Perry, Pulaski-Alexander, Randolph, Sangamon, Union, Williamson, Woodford
<b>August 16</b>	Adams, Bond, Boone, Brown, Calhoun, Cass, Clinton, Edwards, Gallatin, Greene, Grundy, Hamilton, Hancock, Henderson, Jefferson, Kankakee, Knox, Lake, Lawrence, Madison, Marion, McDonough, McHenry, Monroe, Morgan, Pike, Pope-Hardin, Richland, Saline, Schuyler, Scott, St. Clair, Wabash, Warren, Washington, Wayne, White, Will



## STATE 4-H INFORMATION:

### Illinois 4-H Message from 4-H Director

See new blog post from IL 4-H Director at

<https://extension.illinois.edu/blogs/our-illinois-4-h-story/2020-03-30-message-illinois-4-h>



### Stand up and be heard: Compete in Public Presentation Contest

Three youth from each county will advance to the State 4-H Public Presentation Contest in August at the Illinois State Fair. The contest will be held August 14<sup>th</sup>-16<sup>th</sup>. All ages are eligible to compete in any of the four divisions: Formal Speech, Illustrated Speech, Original Works, Oral Interpretation. Youth may participate in this contest AND exhibit a project at the Illinois State Fair. All presentations must be 4 to 6 minutes in length. See the rules and scoresheets online at 4-H.illinois.edu. Click

Our county 4-H public presentation contest will be June 23, 2020. We will select who advances to state competition at that contest

### NEW: 4-H State Scholarship Opportunities

The Illinois 4-H Awards program will be expanding for the 2019-2020 program year! We will be offering five \$1,000 scholarships in each of our program areas. More information, applications and training video will be released prior to May 1<sup>st</sup>. The applications will be due November 1<sup>st</sup>. We thank our generous donors and the Illinois 4-H Foundation for providing this opportunity for our members!

### New Statewide Leadership Opportunity: Illinois 4-H Food Advocacy Team

The Illinois 4-H State Office is pleased to announce the launch of a new statewide leadership opportunity for Illinois youth seeking to improve food security and food access in their community. The Illinois 4-H Food Advocacy team is a group of teens and young adults from across the state of Illinois who are recognized for their dynamic leadership and who want to increase their impact on the future of food in Illinois. Team members will influence the annual Illinois 4-H Food Action Summit event and provide support for Food Systems programming in Illinois. You will also be eligible for state and nationwide opportunities.

If you're looking for a way to serve your community while strengthening your leadership, communication and advocacy skills, this is the next step for you. Applications, along with one professional reference, are due to the Illinois State 4-H Office by Saturday, May 2nd, 2020. For more information please contact Mark Becker ([mbbecker@illinois.edu](mailto:mbbecker@illinois.edu)), Illinois 4-H Food Systems Specialist.

**Application Link:** <https://go.illinois.edu/Illinois4-HFoodAdvocacyTeamApplication>

**Professional Reference Link:** <https://go.illinois.edu/Illinois4-HFoodAdvocacyTeamReference>



### NEW: Illinois 4-H Virtual Fishing Fun-Fest

4-H members currently enrolled in Fishing 1, 2, or 3 are eligible to win big this spring! Between April 17 – May 15 these 4-H members can enter a statewide fishing contest (Fun-Fest) via smartphone. New spinning rod and reel combos will be given away weekly to the longest largemouth bass and channel catfish entered. The simple contest details can be found on the Illinois 4-H Events Page and Illinois 4-H Facebook page. Contact Curt Sinclair at [sinclair@illinois.edu](mailto:sinclair@illinois.edu) with questions. Stay safe and enjoy the sunshine on the lake!



# DISCOVER WELLNESS WHILE AT HOME

## 2020 WEBINAR SERIES



**April 16**  
**Who Gets  
Grandma's Pie  
Plate**

**April 23**  
**Being Mindful  
During Difficult  
Times**

**April 30**  
**Someday Is  
Today-Live  
Your Bucket  
List**

Featuring six dynamic sessions presented by University of Illinois Family Life Extension Educators, "Discover Wellness At Home Series" will help you and your family thrive during difficult times and decisions.

**All Sessions offered  
2:00 PM-3:00 PM  
From Your Home  
No Cost to Participate**

**Register two days  
prior to webinar**  
Register online and view extended  
session descriptions at  
[go.illinois.edu/wellnessathome](https://go.illinois.edu/wellnessathome)

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For more information, contact Karla Belzer  
[kbelzer@illinois.edu](mailto:kbelzer@illinois.edu)

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University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating  
University of Illinois Extension provides equal opportunities in programs and employment.  
If you need a reasonable accommodation to attend, call the registration office.

## NATIONAL 4-H INFORMATION:



### 4-H AT HOME: HEALTHY LIVING & STEM

Each Monday, 4-H will be sharing four at-home learning resources from 4-H programs across the country. This week, get at-home learning tools and virtual webinars on STEM, healthy living and the environment from University of

Georgia Cooperative Extension, University of Maine Cooperative Extension, Washington State University Cooperative Extension, and Rutgers University Cooperative Extension.

How are you meeting the learning needs of children and families who are at home during COVID-19?

[Submit your efforts](#) for an opportunity to be featured.

[Click Here to Learn More!](#)



### LEADERSHIP RESOURCES FOR A CHANGING WORK ENVIRONMENT

Are you looking for guidance on adjusting to a new normal of remote workdays, virtual meetings, and an adjusted work-life balance? National 4-H Council President & CEO Jennifer Sirangelo shares resources for remote leadership and management.

[Click Here to Learn More!](#)



### TOGETHER WE MOVE FOURWARD

A global pandemic has put a sharper focus on the economic and social gaps existing in our communities and the lack of resources and solutions to address the problem. To support 4-H's capacity to create and deliver engaging, hands-on learning opportunities for all young people, as well as help their communities thrive even in the most difficult times, we have launched the FOURWARD Fund.

[Click Here to Learn More!](#)

### 4-H YOUTH IN ACTION DEADLINE EXTENDED

As we all adjust to the impact of COVID-19, we have delayed the deadline for the 4-H Youth in Action Awards application to May 18, 2020. Our hope is that this extension will allow 4-H leaders and youth alike adequate time to promote and complete the application. We will host a Youth in Action webinar for interested 4-H'ers on April 22 at 7 p.m. ET. Interested youth can register for the webinar [here!](#)

[Click Here for Youth in Action Awards Info!](#)



### JOIN MANNA PRO IN CELEBRATING ALL 4-H'ERS

Calling All Champions! Manna Pro is celebrating the champions in all 4-H'ers. Now through April 30, encourage your network to share their favorite 4-H photos to create a 4-H mosaic. The states with the most photo uploads could win a cash prize, plus some great coupons for all participants.

[Learn More Here!](#)



## WHAT'S HAPPENING AT THE EXTENSION:



Staying healthy can be a challenge, especially as more of our time is spent at home. Learn healthful strategies for enriching your wellness journey over the next two months that can change your life.



### April 22 | **The Science Behind Popular Eating Trends**

Join us to explore these eating styles and learn the pros and cons of current diet trends. Plus, explore the eating plans which are evidence-based such as Mediterranean, DASH, and the USDA MyPlate.

### April 29 | **Every Step Counts: *Getting the Most Out of Activity Trackers***

Every step counts! Activity trackers give you an accurate count for steps, heart rate, and sleep. They are also fun; they get you off the couch and moving!

### May 6 | **Take Your Kitchen Appliances Out for a Spin**

Did you get an electric pressure cooker as a gift and not sure what to do with it? We will share tips and tricks, recipes and food safety information, all to make your life easier and your meal plans varied!

### May 13 | **Diabetes: *Practicing Self-care During Difficult Times***

Managing stress during difficult times is challenging for everyone; however, if you or a loved one has diabetes, it is even more important to be intentional about managing stress.

### May 20 | **Cooking For One**

Single-person households are on the rise and forecast to grow over the next 15 years! Cooking for one can be creative and rewarding with or without leftovers. Indulge, choose what you like to cook, and get the good smells going in your kitchen! Join us and learn some new ways to plan, shop, prepare, and enjoy meals on the smaller side.



Register online at [go.illinois.edu/HealthAtHome](https://go.illinois.edu/HealthAtHome)

All Sessions Offered: 1:00 p.m.—2:00 p.m. CT

No Cost to Participate

Register online and view extended session descriptions

For more information contact Diane Reinhold @ [dreinhol@illinois.edu](mailto:dreinhol@illinois.edu)

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## WHAT'S HAPPENING AT THE EXTENSION:

# GROWING HORTICULTURE IN NORTHWEST ILLINOIS

WEBINAR SERIES PRESENTED BY  
UNIVERSITY OF ILLINOIS EXTENSION EDUCATORS

### BIG FLAVORS IN SMALL SPACES: CONTAINER FRUITS

**April 22, 2020**  
**10:30-11:30 AM**

Discuss how dwarf cultivars of blueberries, strawberries, brambles, and even apple trees can be planted on your patios or small outdoor areas to provide those big fresh fruit flavors in small spaces!

### NORTHERN ILLINOIS BERRY SCHOOL

**April 29, 2020**  
**May 6, 2020**  
**10:30-NOON**

This 2 part program, which is focused strictly on berry production, will give an overview of production, weed and insect control, and general management suggestions and will focus on strawberries, blackberries, blueberries and raspberries.

### COLORFUL VEGETABLES

**May 13, 2020**  
**10:30-11:30 AM**

The best ways to entice new gardeners is growing unique and colorful vegetables. Learn about plant characteristics that cause these changes, and popular & new cultivars of unique vegetables.

**ALL SESSIONS OFFERED VIA ZOOM FROM YOUR HOME COMPUTER**

**NO COST TO PARTICIPATE | REGISTER TWO DAYS PRIOR TO WEBINAR**

**REGISTER ONLINE AT: [GO.ILLINOIS.EDU/GROWINGHORTWEBINAR](https://go.illinois.edu/growinghortwebinar)**

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**For more information, contact Bruce Black**  
**[brucejb@illinois.edu](mailto:brucejb@illinois.edu)**

University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating  
University of Illinois Extension provides equal opportunities in programs and employment.  
If you need a reasonable accommodation to attend, contact the registration email.

## WHAT'S HAPPENING AT THE EXTENSION:

### Hemp Grower Spotlight: Sulcanna

The University of Illinois Extension will continue with their “Grower Spotlight” webinar series on Friday April 17<sup>th</sup>, 2020 from 9:00AM-10:30AM. This webinar series serves as a platform for our local producers and allow other growers and agribusiness professionals to come together to discuss agriculture. Not only will our featured guests be able to discuss their operations in detail, these programs allow participants to ask questions throughout and gain valuable insight from those with experience.

This edition of University of Illinois Extension’s “Grower Spotlight” will be moderated by Phillip Alberti (University of Illinois Extension) and will be focusing on one organization’s model for profitability in an uncertain environment. Sulcanna Co occupies an historic manufacturing facility in NW Illinois’ Jo Daviess County. Their focus is on hemp horticulture, genetics development, extraction, and product formulation, and they offer marketing, branding, and distribution infrastructure to support farm-branded product sales. Sulcanna has formed Illinois’ only agricultural hemp cooperative, which consists exclusively of small scale hemp farmers looking to capitalize on their collective knowledge and tap into CBD and CBG retail price points.

Knowing the ins and outs of this industry before getting involved will be critical to success. The goal of this webinar will be to provide attendees with an overview of the current market structure, economics of hemp production, and what it takes to be profitable in this new industry. Additional topics will include things such as genetics, cultivation practices, compliance testing, harvest, drying, and marketing.

Throughout the educational program, participants will be allowed to contribute to a live Q and A with our guests Lance Larsen, Stacy McKaskill, and Steve Tomlins. The webinar invitation will be sent via email following registration for the program. Those interested in attending the workshop may register online here: <https://go.illinois.edu/GrowerSpotlight2> .

There is no cost for this program, but registrations are limited, so register now to secure a spot in the program and the chance to ask questions. The webinar will be posted online at [go.illinois.edu/spotlight](https://go.illinois.edu/spotlight) shortly following the program. If you need a reasonable accommodation to participate in this program, please email the Extension office at [uie-jsw@mx.uillinois.edu](mailto:uie-jsw@mx.uillinois.edu) , early requests are strongly encouraged to allow enough time for meeting your access needs. For additional questions, contact Phillip Alberti, Crop Science Educator with University of Illinois Extension at 815-599-3644 or [palberti@illinois.edu](mailto:palberti@illinois.edu).

### Smartphone Apps in Natural Resources - Webinar– April 20 10-11 am

<https://web.extension.illinois.edu/registration/?RegistrationID=22174>

This webinar will discuss a variety of smartphone/tablet applications used in the natural resource field, from field guides to databases and mapping options that are available to private landowners, volunteers and land managers. This is a 1-hour Zoom webinar. It is free and open to the public.



**I ILLINOIS EXTENSION**

**ONLINE WEBINAR**  
Sleep and Autism  
6:30 PM | April 21

**REGISTER**  
[go.illinois.edu/TAPsleep](https://go.illinois.edu/TAPsleep)

THE AUTISM PROGRAM  
**TAP** **AUTISM AWARENESS MONTH**



# 2020 CENSUS IN RURAL ILLINOIS

## Why is it so important?

Illinois could lose two congressional seats based on the next census.

Illinois could lose nearly \$1,400 per person, per year, for each person who goes uncoun­ted.

The 2020 Census determines how much money Illinois gets from the federal government. These tens of billions of dollars make up a good portion of Illinois' own budget and fund programs such as Medicaid, highway planning and construction, the National School Lunch Program, and Head Start. If Illinois misses even one percent of its residents in the 2020 Census count, the state will lose at least \$120 million in federal grants every year over the next decade. Be sure to get counted!

## Let's get an accurate count!

Our state will benefit from a complete and accurate count. These organizations can share information and encourage folks to respond:

Businesses and chambers of commerce, community service organizations, K-12 education, faith-based organizations, organizations serving agriculture, healthcare facilities, media, and local government.

### Watch for:

- March 12-20: Invitation to respond online.
- March 16-24: Reminder letters sent.
- March 26-April 3: Reminder postcard.
- April 8-16: Reminder letter and questionnaire.
- April 20-27: Final reminder postcard before in person follow-up.

For more information:

[www.illinoiscensus2020.com](http://www.illinoiscensus2020.com)

[www.census.illinois.gov](http://www.census.illinois.gov)

[www.ilcountmein2020.org](http://www.ilcountmein2020.org)

[http://tiny.cc/count\\_IL](http://tiny.cc/count_IL)

[http://tiny.cc/Census\\_respond](http://tiny.cc/Census_respond)



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