



NEWSFLASH



March 23, 2020

Inspired to Lead— Called to Serve

Stephenson County
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Development

• **Julie Miller**
Office Support
Assistant



Find us on
[Facebook!](#)

Good afternoon Stephenson County 4-H Families,

I hope all of you are doing well and using this time at home to connect with each other (with social distancing). Please be sure to check out the new Facebook group to participate in our first BINGO challenge! We (the 4-H Program Coordinators) are collaborating together to bring some different ways to continue to promote 4-H values.

Speaking of 4-H, would any of you be comfortable making a video to share in the group of a 4-H project. Perhaps making your favorite Cooking project or Sewing? Maybe prepping and working with livestock for the fair? How about a virtual farm tour of your farm? We'd love to see it. You can email it to me or post it directly to the private group!



me and my coworkers logging into all of our meetings remotely for the next couple of weeks

Lastly, I want to thank you for your support and kindness shown this past year. I did not anticipate shortly after celebrating my “Year with Extension” anniversary, I would be packing everything I could from the office to begin working remotely, but we have rolled with it. Thank you all for your patience and guidance to help me learn all the ins and outs of 4-H! I still have much to learn and grow.

Stay safe and healthy!

~Becky Gocken

NEW FACEBOOK GROUP

JSW 4-H HOMELIFE

The 4-H Program Coordinators in Unit 1 have started a new Facebook group page for 4-H families in Jo Daviess, Stephenson and Winnebago Counties and invite you to join our fun group. We will be posting games, activities and challenges for 4-H members and families to participate in while we are all “sheltering in place”. Our first game is BINGO! Please search “**JSW 4-H Homelife**” to join today! Let’s have some fun!

4-H UNIT 1 BINGO!

Take a photo when you complete a square, upload it to our new Facebook Group
JSW 4-H Homelife

B	I	N	G	O
Write a thank you card to your 4-H leader	Display your 4-H ribbons in a creative way	Video a new recipe you wish to make (upload a picture if you don't have one)	Exercise for 20 minutes (show us your favorite exercise)	Call your 4-H "Buddy" to see how they are doing
Read a favorite book to a sibling or pet	Invite a member to join this group	Show us your favorite 4-H T-shirt!	Help your parents with a household chore	Show a photo of your favorite 4-H project
Clear out your closet and make a donation box	Show us a new skill you learned from being at home this week		Show us your current 4-H project work in progress	Post your favorite 4-H picture
Call a family member to let them know you are thinking of them	Play a board game with your family	Create a video of how 4-H has inspired you	Show us your current 4-H project work in progress	Prepare a healthy snack for your family
Share a fun fact about your favorite 4-H Project	Complete a community service project with your family	Send us a picture of your view out the window	Design a new 4-H t-shirt!	Teach someone else the 4-H pledge (take video)

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>

HOW TO CARE FOR YOURSELF WHILE PRACTICING PHYSICAL DISTANCING

- EAT HEALTHFULLY** 🍏
to keep your body in top working order.
- EXERCISE** 🏃
Workout at home or take a solo jog around the neighborhood.
- PRACTICE RELAXATION THERAPY** 😊
Voluntarily tensing and relaxing muscle groups can help you relax voluntarily when feeling overwhelmed or anxious.
- LET LIGHT IN** ☀️
Increased exposure to light can improve symptoms of depression. Open the shades and let more sunlight in.
- BE KIND TO YOURSELF!** 🙌
Treat yourself with the same compassion you would a friend.
- STAY CONNECTED** 💬
Stay connected to loved ones with phone calls, text messages, video chats and social media.
- MONITOR MEDIA CONSUMPTION** 🎧
Balance media consumption with other activities you enjoy.

LEARN MORE AT [MHFA.ORG](https://www.mhfa.org)

*Information provided in the Mental Health First Aid curriculum.
*Mental Health First Aid is managed, operated, and disseminated by the National Council for Behavioral Health.

MENTAL HEALTH FIRST AID **NATIONAL COUNCIL FOR BEHAVIORAL HEALTH**

STEPHENSON COUNTY SHOUT-OUTS



Congratulations to Freeport Fantastic's member Michelle Marck for winning the IL State Award for Project Mastery of her Cooking projects! Due to the awards ceremony being cancelled, we celebrated locally with a bouquet of flowers and family lunch at This Is It Eatery!



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STEPHENSON COUNTY SUPER SATURDAY



On Saturday, March 7, 2020, Stephenson County 4-H members and friends participated in our annual Super Saturday project workshop day!

We had over 50 kids participate this year.

We owe a huge **THANK YOU** to all our session volunteers for leading great sessions!



Please email me @ rgocken@illinois.edu or call 815-235-4125 if you are planning to attend!

4-H Dog Class Schedule 2020

First Meeting June 3rd at the Fairgrounds

Traditional obedience class (Beginning Novice, Preferred Novice and Novice) will begin at 6 p.m. Showmanship will begin at 6:45 p.m. Rally will begin at 7:00 p.m. These classes will meet on Wednesdays.



June 3
June 10
June 17
June 24
July 1
July 8
July 10



All classes will be held at the Stephenson County Fairgrounds in the Foresight Commercial Building or outside of the building on the grass (weather permitting).

**The 4-H Dog Show is Saturday, July 11, 2020 at 9:00 a.m.
Foresight Commerical Building.**

University of Illinois Extension provides educational programs and research-based information to help Illinois residents improve their quality of life, develop skills and solve problems. If you need a reasonable accommodation to participate in this program, please call the U of I Extension office. Early requests are strongly encouraged to allow sufficient time for meeting your access needs. University of Illinois Extension provides equal opportunities in programs and employment. University of Illinois College of Agricultural, Consumer and Environmental Sciences - United States Department of Agriculture - Local Extension Councils Cooperating.



STEPHENSON COUNTY 4-H INFORMATION

NORTHERN ILLINOIS 4-H SUMMER CAMP

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JUNE 8-12

ROCK RIVER CHRISTIAN
CAMP
POLO, IL



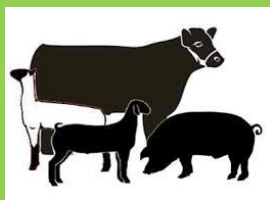
4-H CAMP IS OPEN TO ALL YOUTH AGES 8-14 BY JUNE 8, 2020
REGISTER ONLINE BY MARCH 1

GO.ILLINOIS.EDU/4HSUMMERCAMP

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



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.learn-grow.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!

STEPHENSON COUNTY IMPORTANT DATES TO REMEMBER

MARCH 2020

- 15 Fair Entry Opens for Public Speaking & Demonstrations
- ~~25 6:30 p.m. Dog Classes Kick-Off Meeting, HCC, Room 153~~
- ~~27 Pork Chop Dinner Tickets/ \$ Due to Extension Office~~

APRIL 2020

- 1 **Final day to add/change projects in 4-H Online**
- ~~3-4 Girls Science Siesta, Discovery Center, Rockford~~
- 15 Fair Entry Opens for GP & Fair
- 18-25 National Volunteer Week
- 18 9-3 p.m. Camp Counselor Training— ONLINE
- ~~19 11-2 p.m. 13th Annual Stephenson County 4-H & Extension Foundation Pork Chop Dinner, Eagles Club 1200 West Galena Ave, Freeport~~
- ~~22 6pm 4-H Public Speaking & Demo Contest, HCC, Building R, Room 102—Will be re-scheduled for a later date!~~
- 25 ~~Rabbit, Goat & Poultry Clinic, Stephenson County Fairgrounds—Looking into an alternative date!~~
- 27 6:30 p.m. Organizational Leaders Meeting— Looking into holding Online via Skype or Zoom

**Stephenson
County Fair
is
July 21-25!**



MAY 2020

- 1 **Ownership/ Lease Deadline for Horse Show— due to Extension Office**
- ~~13 6:30 p.m. Dog Class Kickoff Meeting, HCC, Room 153~~
- ~~20, 27 6:00 p.m. Dog Class, Stephenson County Fairgrounds, New Commercial Bldg.~~
- 25 Extension Office closed for Memorial Day

JUNE 2020

- 1 **Deadline for YQCA & QAEC Certification**
- 2 **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.
- 8-12 **4-H Camp, Rock River Christian Camp, Polo, IL**
- 14 2020 Northern Illinois 4-H Horse & Pony Show, Stephenson County Fairgrounds, Freeport
- 15 **LAST DAY TO REGISTER IN FAIR ENTRY**

STEPHENSON COUNTY IMPORTANT DATES TO REMEMBER

JUNE 2020

20 9:00 a.m. 2020 Western Illinois 4-H Horse Show, Monmouth, IL
 22 5:30 p.m. Fair Committee Meeting



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
 8 9 a.m. **General Projects Day**, 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 Stephenson County Fair
 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)



STEPHENSON COUNTY IMPORTANT DATES TO REMEMBER

JULY 2020

21-25

Stephenson County Fair

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

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. This could mean helping a person or family in need doing yard work or minor home repairs, cleaning up streets or parks, planting trees or gardens, supporting your local food pantry or any other project that supports a local need.

Make your plans now on how you'll help others. Find resources @ 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.

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.

4-H Poultry Judging

Returns to State Fair

August 17 | 4-6 PM

Jr. Livestock Barns | Illinois State Fair

The Illinois 4-H State Poultry Judging Contest will be held from 4 to 6 PM Aug. 17 in the junior livestock barns on the State Fairgrounds in Springfield. There is no limit to the number of exhibitors each county may send. Teams of three or four contestants may be submitted. The four top seniors (age 14-18 on Jan. 1, 2020) will compete as the Illinois team at the National 4-H Poultry and Egg Conference in November. Registration begins at 3:30. Check out the state 4-H website on the Events page for all the details.

Host an International Youth This Summer



Host a Japanese or South Korean youth this summer through States' 4-H International! Expand your family's cultural understanding, learn about new foods and customs, and possibly learn a new language all while sharing your own. Your children will build lifelong friendships and will gain new perspectives on their own country, too! Families are needed for July 22 through August 17.

Be aware:

- Families hosting a youth must have a child the same gender and approximate age (12-18) as the incoming youth.
- Youth must have a separate bed; a separate room is not required.
- Host family selection is dependent on completion of an application and screening process, as well as student availability and personality compatibility.
- Applications are accepted until all placements are made

For more information, visit: <http://www.states4hexchange.org>. Find us on Facebook @ [facebook.com/Illinois4hexchange](https://www.facebook.com/Illinois4hexchange) or contact Illinois representatives Miriam Rosenbohm @ rosenbohm07@comcast.net or Elisha Hughes @ ehugh2@illinois.edu.

STATE 4-H INFORMATION:

Change Lives, Be a 4-H Camp Counselor

4-H Memorial Camp is now accepting applications for summer camp employment. We are looking for energetic, responsible individuals to serve as counselors and program staff for 6 weeks of summer camp. We will train you for a week before the campers arrive. You'll get valuable experience working with young people while you have a great summer. We are also looking for people with lifeguard certifications, outdoor education programming experience, and arts/crafts teaching experience. Application paperwork can be found at 4h.extension.illinois.edu/programs/camping/4-h-memorial-camp. Come be a mentor to 1500 campers while creating memories and friendships that last a lifetime.

For more information, contact Andy Davis @ Ardavis1@illinois.edu or call (217) 762-2741.

Nothing Beats Summer at 4-H Memorial Camp

5 weeks to choose: Learn more and register online @ go.illinois.edu/4Hcamp

Camping at 4-H Memorial Camp will open February 3. Spaces fill up immediately, so save the date on your calendar! There are 5 weeks of youth camp this year. Cost is \$250 for 4-H members or \$290 for youth not yet in 4-H. The fee includes a camp t-shirt and \$15 in credit at the Trading Post. No extra cash is needed for camp!

Week 1: June 2-6

Week 2: June 7-11

Week 3: June 14-18

Week 4: July 5-9

Week 5: July 26-30



Shooting Sports Volunteers Needed

Many young people don't have someone to show them how to safely handle a firearm or bow. Think back to the person who taught you to shoot. 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. The local office 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. Check your local office to see if assistance is available for the \$85 fee. Training dates for 2020 are:

Southern Illinois: Saturday, March 28 at Tombstone Gun Range, Marion. Register by March 18.

Western Illinois: Saturday, June 13 at Gardner Camp, Hull. Register by June 3.

Northern Illinois: Saturday, Sept. 12 at Torstenson Youth Education Center, Pecatonica. Register by September 2.

Two Ways to Give to 4-H

Paper Clover Campaign returns in April:

It's never been easier to support 4-H. From April 29 to May 10, you can donate to 4-H at your local Tractor Supply stores as part of the Paper Clover campaign. Money donated at your store stays right in the county where it's given! Last fall, the campaign raised almost \$1 million!



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.

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.

Our exhibit day is August 14, 2020.

August 14	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
August 15	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
August 16	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

You be the Judge at Illinois 4-H State Livestock Judging Contest

June 15 | 9 AM – 4 PM

Stock Pavilion | University of Illinois, Urbana

The Illinois 4-H Livestock Judging Contest will be held Monday, June 15 at the Stock Pavilion in Urbana (1402 West Pennsylvania Ave.) beginning with registration at 8:30 a.m. All participants must be checked in by 9:30. The contest will begin at 10. Each county may enter a total of three teams, with no more than two junior teams or two senior teams. Get all the rules and details online @ go.illinois.edu/4Hlivestock. There will be three classes of beef, three classes of swine and two classes of sheep. There may also be a class of meat goats substituted for one class of the other species. There will also be a class of 15 questions (5 from a beef class, 5 from a swine class and 5 from a sheep class). Cost for each senior competitor is \$10 to cover the cost of lunch. Juniors will be dismissed by lunch to get their own meals.

STATE 4-H INFORMATION:

Illini Summer Academies

June 21 – 26 | University of Illinois at Urbana-Champaign

Imagine getting to work alongside university professors while you're still in HIGH SCHOOL! Imagine getting to hang out on a college campus. Imagine spending five days with kids your age from all across Illinois. That's what happens at Illini Summer Academies, so stop imagining it and just do it!

This conference runs June 21-26 on the University of Illinois campus. Explore one of 13 different programs during the week. Illini Summer Academies is supported through the Illinois 4-H Foundation and intended to serve youth living in Illinois.

Learn more @ go.illinois.edu/illini4H. Registration opens March 16 and closes April 17.

Apply for a scholarship @ go.illinois.edu/illini4Hscholarship before April 1. The scholarship covers the \$260 base cost of the conference. Any academy cost is responsibility of the attendee.

Space for each academy is limited and available on a first-come, first-served basis. Many academies reach capacity before the registration closes, so don't wait. Academies and costs include:

- **AGRICULTURAL LEADERSHIP AND COMMUNICATION.** Department: Ag Leadership, Education, and Communication. College: Agricultural, Consumer, and Environmental Sciences. Cost TBD.
- **ANIMAL SCIENCES.** Department: Animal Sciences. College: Agricultural, Consumer & Environmental Sciences. Cost: \$370.
- **BEEKEEPING.** Department: Entomology. College: Liberal Arts and Sciences. Cost: TBD
- **CHEMISTRY AROUND US.** Department: Chemistry. College: Liberal Arts and Sciences. Cost: \$280.
- **ELECTRICAL AND COMPUTER ENGINEERING.** Department: Electrical & Computer Engineering. College: Engineering. Cost: \$485.
- **GAME DESIGN: STORYTELLING AND FABRICATION.** Champaign-Urbana Fab Lab. Cost: \$335.
- **HUMAN DEVELOPMENT AND FAMILY STUDIES.** Department: Human Development and Family Studies. College: Agricultural, Consumer, and Environmental Sciences. Cost: \$295.
- **JOURNEY FROM FARM TO TABLE.** Department: Food Science and Human Nutrition. College: Agricultural, Consumer & Environmental Sciences. Cost \$360.
- **MEAT JUDGING & EVALUATION.** Department: Animal Sciences. College: Agricultural, Consumer & Environmental Sciences. Cost: \$310.
- **SUSTAINABLE SUMMER.** Department: Natural Resources and Environmental Sciences. College: Agricultural, Consumer, and Environmental Sciences. Cost: \$310.
- **MOLECULAR AND CELLULAR BIOLOGY.** School: Molecular & Cellular Biology. College: Liberal Arts & Sciences. Cost: \$385. No repeat students from last year.
- **VETERINARY MEDICINE.** Graduate College: Veterinary Medicine. Cost: \$375. Open to youth who have completed 10th grade. No repeat students from last year.
- **WORK HARD, PLAY HARD.** College: Applied Health Sciences. Cost: \$280.



DISCOVER WELLNESS WHILE AT HOME

2020 WEBINAR SERIES



March 26
**How High Do
You Bounce?
Building Your
Resilience**

April 2
**Caregiver Self-Care:
Overcoming The
Challenges Of
Caregiving**

April 9
**Simplify Your
Life By
Clearing The
Clutter**

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**

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**For more information, contact Karla Belzer
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:

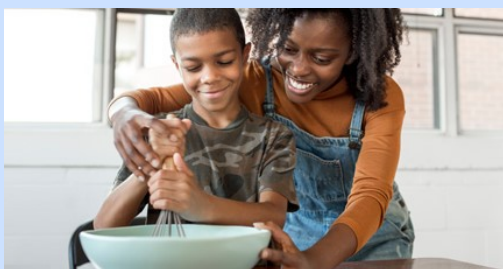


2021 YOUTH IN ACTION APPLICATIONS ARE OPEN

2021 Youth in Action applications are now open! We heard from Extension professionals and students that spring is a better time for youth to apply for scholarships, so we've shifted our application season to better support 4-H'ers and professionals alike! From January 29 - April 27, youth can share their stories of developing passion, finding purpose and inspiring others by applying for the 4-H Youth in Action Awards for a chance to earn a \$5,000 scholarship and a trip to Washington, DC!

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

5 Ways to Keep Kids Engaged and Learning at Home



As communities across America experience the impact of school closures it can be stressful for parents and families to find resources available to maintain a sense of normalcy and make sure kids don't get off track in their daily development. We have gathered together five sources to share with your clubs, kids and communities to keep kids busy and learning at home!



CELEBRATING THE CONTRIBUTIONS OF UNIVERSITY LEADERS AND THEIR 4-H STORIES

Throughout the month of February, we celebrated the stories of historically Black college and university (HBCU) leaders, highlighting the impact of 1890 Land Grant Universities and the leaders whose careers were built on their 4-H experiences. Learn more from leaders of Prairie View A&M University, North Carolina A&T State University, Virginia State University, Southern University, the University of Arkansas at Pine Bluff, and Alcorn State University.

[Click to read their stories!](#)



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!](#)

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WHAT'S HAPPENING AT THE EXTENSION:

University of Illinois Extension Offers Preparing for Extreme Weather Webinar

For municipal leaders and community organizers across the state, 2019 flooding presented a host of challenges that tested the capabilities of their emergency response systems and the plans that support them. According to the NOAA National Centers for Environmental Information, this was the fifth consecutive year that the U.S. experienced ten or more extreme weather events where the economic impact of each exceeded 1 billion dollars. With a disproportionate number of those events impacting the Midwest region, it seems clear that time spent preparing for weather-related disasters improves a community's ability to respond and recover from adverse events.

Municipal employees and community organizers interested in learning how to support families, businesses, and local organizations during weather- and climate-related events are invited to attend **Preparing for Extreme Weather** a webinar to be held at 12:00 p.m. Thursday, March 26. Illinois State Climatologist Trent Ford will discuss the science and impacts of climate change as they relate to water in Illinois, and Sally McConkey, Illinois State Water Survey engineer and hydrologist, will explain where to find floodplain information and how to interpret a floodplain map. To register for this Webinar visit: <https://go.illinois.edu/extremeweather>



The Cook's Garden

Join Grant McCarty, Local Foods and Small Farms Educator for a Zoom Webinar
Friday, March 27, 2020
10:00 - 11:30 AM

Grant will discuss newer vegetables and grains that have been showing up as food trends the last couple of years.

Specific things to be discussed include:

- What you can and can't grow in your summer garden
- Focus on produce that will be eaten fresh, made into sauces, and/or take center stage in your cooking
- Unique vegetables, microgreens, grains, and flavor focused produce

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University of Illinois Extension-Northwest IL Local Foods plans to go live.

March 19 at 2:08 PM · 🌟

Join Grant McCarty, Local Foods and Small Farms Educator, for a Facebook Live event on starting vegetable transplants indoors.

Topics to be covered:

Basics of seed starting

Overview on equipment

Determining what seeds to start

Seed selection

...and more!

WHAT'S HAPPENING AT THE EXTENSION:

Time to Prune Your Raspberry and Blackberry Plants

Freeport, IL---While most fruit trees have been pruned for the season, homeowners should look to prune raspberry and blackberry plants in the next couple of weeks.

Your first step in pruning these is to know that brambles produce primocanes and floricanes. “A primocane would be a cane that grew in summer of 2019 that will then be called a floricone in spring 2020”, states Grant McCarty, Local Foods and Small Farms Educator. “These floricanes will produce your fruit this summer. When we talk about pruning in the spring, you are removing the canes the produced fruit last summer”

For pruning purposes, you need to know the type of bramble you have. Blackberry pruning will consist of pruning out canes that produced fruit last summer. Then, you'll cut your main canes back to 3-4 feet. Next, side branches of the blackberry canes will be pruned to 12 inches with 5-6 buds on each.

Raspberry plants are a different story. “You have three types: Everbearing, Summer Red, and Black/Purple Raspberry. Each of these will be pruned slightly different. However, the first step is to remove canes that produced raspberries last summer,” McCarty continues.

For summer red raspberry, you'll prune back this year's floricanes to 5 feet. If you have summer black/purple raspberry, these can be pruned 3 times a year. From this year's floricanes, cut side branches to 8-10 inches in length and then months later, do a summer tipping when canes are 24-30 inches in height. This summer tipping involves removing 2-3 inches of new shoots at the top of the floricone.

The Everbearing raspberry plants can produce twice a season which will dictate how you prune them. For summer and fall yields, thin out this year's floricanes to 5 inches between. These will produce fruit in early summer. This summer, newly grown primocanes may then produce fruit in the fall before overwintering, thinning out next spring, and producing again in the summer to start the cycle over again. For just fall raspberries, mow all canes down this spring. You'll have primocanes develop this summer and produce fall fruit.

“Many homeowners have bramble patches that are messes,” McCarty states. “Your first step in remediating them is to prune out the old canes. From there, create a trellis/support to keep them in place. With few disease problems, these brambles will produce in most year and provide you with a great summer crop”.

For Further Information Contact:

Source: Grant McCarty, Extension Educator: gmccarty@illinois.edu