



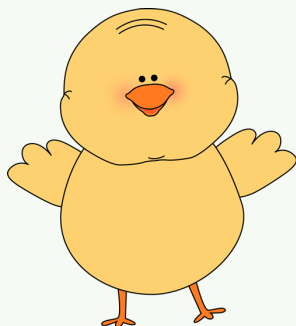
Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

NEWSFLASH



Winnebago County
1040 N. 2nd Street
Rockford, IL 61107
P: (815) 986-4357
F: (815) 986-4329
Website:
go.illinois.edu/jsw

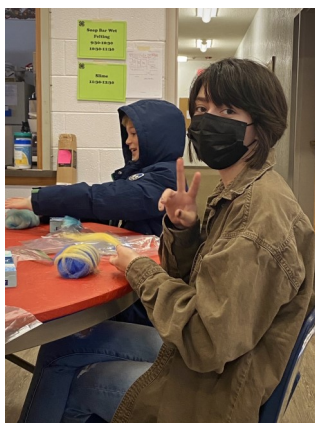
- **Margaret Larson**
County Extension
Director
- **Becky Gocken**
Program Coordinator
4-H and Youth
Development
- **Tammy Bene'**
Office Support
Associate



[Find us on
Facebook!](#)

March 17, 2022

Find Your Spark!



Hello 4-H Families,

As you can see from the photos, we had a successful Project Workshop Day last week with lots of smiling faces! This Saturday we have 4-H Shooting Sports sign-ups (see page 2). Then we are offering a Cloverbud activity hour next Friday. Any of the flyers, you should be able to click on and it will take you to the registration pages.

I also sent out registration for our upcoming 4-H tree planting at Rock Valley College— be sure to register as I will be sending out more information as it gets closer— page 5. Check out the feature on WREX this week: https://www.wrex.com/news/top-stories/volunteers-wanted-to-plant-dozens-of-trees-at-rock-valley-college/article_896d0b4c-a573-11ec-b99b-eb90c5853a59.html

Have a wonderful weekend!

~Becky Gocken



WINNEBAGO COUNTY 4-H INFORMATION:

**2022
SIGN UPS**

Shooting Sports

WE WANT YOU !!



<https://www.facebook.com/Winnebago-County-4-H-Shooting-Sports-102590221389831/>

SATURDAY

3/19/22

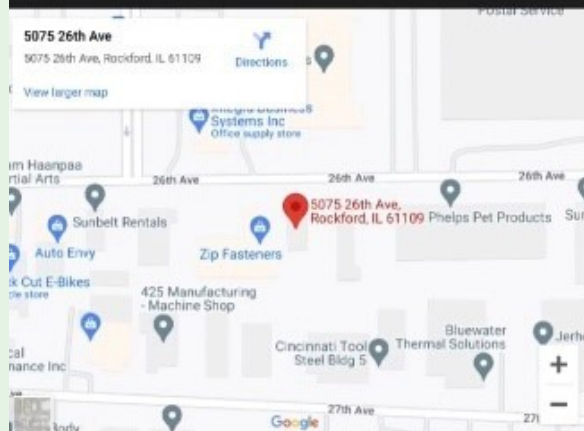
9-11 am

WALK IN SIGN UPS

Sign up location is

**5075 26th Ave Rockford,
61109**

Coach Doug 815 670 2107



Winnebago County 4-H Cloverbud Activity Hour



Friday, March 25, 2022

9:30–11:30 am

University of Illinois Extension Office
1040 N Second St, Rockford



Come join us for a couple hours of fun-filled Cloverbud-age appropriate activities! We will be making slime, dishcloth bunnies, purple cow shakes, and painting flower pots!

Register at: <https://go.illinois.edu/cloverbudhour>

Cost is \$5 and open to any Winnebago County Youth ages 5–7

COVID guidelines will be followed.

Registration
Deadline March 20!



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

WINNEBAGO COUNTY 4-H INFORMATION:



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Deadline is March 28!

I MADE THAT!

Spring Into Quick Breads

Each kit is \$5 and includes:

- April "I Made That!" booklet
- Baking Guide
- Quick Bread Recipes
- Back-yard Scavenger Hunt
- Baking Powder & Poppy Seeds
- Spatula or Measuring Spoons (your choice of one)



Kits will be available for pick-up beginning April 4 at our
Extension offices in the following counties:

Jo Daviess (815) 858-2273 Stephenson (815) 235-4125 Winnebago (815) 986-4357

REGISTER YOUR YOUTH TODAY!

go.illinois.edu/jswIMadeThat

Jo Daviess County 4-H Stephenson County 4-H Winnebago County 4-H
University of Illinois Extension College of Agriculture Consumer & Environmental Sciences

University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate, contact our office at (815) 235-4125.

WINNEBAGO COUNTY 4-H INFORMATION:



**Plant a tree.
save the planet.**

**Find out what you can
do in Winnebago County!**

**Sign up @
go.illinois.edu/WCtreeplanting**



**Illinois
Extension**

WINNEBAGO COUNTY 2022 4-H
SHOWS PRESENTS:

***PUBLIC
PRESENTATIONS
CONTEST!***
APRIL 5, 2022 @ 6PM

Winnebago County Extension Office
1040 North Second St, Rockford

WINNEBAGO COUNTY 4-H INFORMATION:



Life at 4-H Camp

We will again be attending Rock River Christian Camp, in Polo, Illinois. 4-H Day Camp will offer a variety of safely-led activities such as: archery, crate stacking, arts and crafts, hiking, zip-line, team building and large group games, as well as end each day with a camp evening program.

4-H Camp is open to a total of 100 youth each day that are between the ages 8-14 by June 14, 2022. Campers do not have to be a 4-H member to attend 4-H Camp. Youth may choose to attend, one, two or all three days for 4-H day camp. Camp runs from 9:00 a.m. to 8:00 p.m. with check-in and check-out procedures.

Camp Location

4-H Camp is at Rock River Christian Camp in Polo, IL. Rock River Christian Camp has 94 acres that have been transformed over the years into a beautiful facility for youth and adults.

Staff at RRCC are certified in First Aid, CPR and AED. There is a qualified first aid person at camp at all times. Campers select their own activities, and are supervised at all times. 4-H Youth Development staff extensively train all camp counselors. We strive to maintain an environment that both encourages personal growth and creates an unforgettable summer experience.



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Northern Illinois 4-H Summer Camp



(4-H Camp without the overnight)

Rock River Christian Camp | Polo June 14-15-16 | 9AM-8PM



Cost: \$70 per day

Options to choose 1, 2 or all 3 days.
Includes lunch, dinner and snack.
Must pay in full by credit card.



Registration Information:

Registration Due by May 2.

Limited space so sign up today!

go.illinois.edu/4Hsummercamp



Contact Information:

Martha Ebbesmeyer, (Carroll, Lee, Whiteside)
Youth Development Educator
(815) 632-3611, ebbesmey@illinois.edu

Johnna Jennings, (Boone, DeKalb, Ogle)
Youth Development Educator
(815) 758-8194, jbjennin@illinois.edu

Angela Miller, (Jo Daviess, Winnebago, Stephenson)
4-H Program Coordinator
(815) 858-2273, amillr11@illinois.edu

Campers will need to be dropped off/picked up each day.
Adults/guardians will NOT be allowed to stay.



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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 contact the registration office at 815-732-2191

WINNEBAGO COUNTY 4-H INFORMATION:



Attention 4-H Swine, Sheep,
and Dairy Show Partici-

The YQCA
train-
re-
the
show in
Beef or
the in-
15 at 9:30
Church,

**Please DO NOT register until I give you the
all clear! They are updating their system on
March 23 and all information and payments
will be lost! Our trainings are still in person
on April 2 and/or 15th.**

Goats, Beef
pants:

annual
ing is

quired by

state 4-H office to

any 4-H Swine, Sheep, Goat,

Dairy livestock show. You may take

person training with me either on Friday, April

am or Saturday, April 2 at 9:30 am at Prince of Peace

Rockton for \$3 per member, or on your own for \$12 per member.

You must pre-register using your 4-H Online Family email and password by April 1
and pay via credit card at:

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



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Extension Educator, Horticulture

U of I Extension has an opening for a Horticulture Educator in northwestern Illinois. Extension Educators deliver research-based educational programs and provide resources to community members, partnering organizations and other educational institutions. This position will network with local communities on projects such as public, school or community gardens, as well as provide opportunities for other organizations to partner and contribute on local horticulture projects.

The Educator will join five other Educators in the unit, providing opportunities for interdisciplinary programming and collaboration on projects. On a state level, there is collaboration with other Horticulture Educators and campus-based faculty on programming and related projects. The position serves Jo Daviess, Stephenson and Winnebago Counties. Master's degree and experience in a related field is required.

For complete job description and application instructions, visit
go.illinois.edu/jswhorteducator or call 815-235-4125. Closing date is March 18.
The U of I is an EEO Employer/Vet/Disabled - <http://go.illinois.edu/EEO>

We're hiring!

Come join Extension as a
Horticulture
Educator.



Rockford IceHogs is offering discounted tickets this
Saturday, March 19 at 6pm at the BMO Center for
Thank a Farmer Night!

Here is the link: [https://offer.fevo.com/icehogs-vs-
grand-rapids-dsdmxzx-a6034c8?fevoUri=icehogs-vs-
grand-rapids-dsdmxzx-a6034c8%2F](https://offer.fevo.com/icehogs-vs-grand-rapids-dsdmxzx-a6034c8?fevoUri=icehogs-vs-grand-rapids-dsdmxzx-a6034c8%2F)

WINNEBAGO COUNTY 4-H INFORMATION:



WINNEBAGO COUNTY 4-H & EXTENSION FOUNDATION, INC.

1925 South Meridian Road ■ Rockford, Illinois 61102

BOARD OF DIRECTORS

Reita Baird, President
4-H Volunteer

Mary Ann Arenson, Vice President
4-H Volunteer

Kathy Palmer, Secretary
4-H Volunteer

Tim Russo, Treasurer
4-H Volunteer

Roger Christin
Winnebago Cty. Farm Bureau
(Ret)

John Gardner
T-Shirtz, Etc.

Connie Gleasman
4-H Volunteer

Mandi Ballard
German American State Bank

Allan Carlson
4-H Volunteer

Winnebago County 4-H &
Extension Foundation, Inc. is a
charitable 501(c)(3) organization,
and donations are tax deductible
as allowed by law.

Now in existence for over 48 years, Winnebago County 4-H & Extension Foundation, Inc., a 501(c)(3) non-profit, continues to expand its programs and offerings to the community. We hope that you will be able to take part in one or more of the existing events that we are offering this year and experience firsthand the pride we take in supporting our cause.

It is our mission to promote, support, and advance the interests of 4-H and other Extension activities through fundraising, and acquiring and managing funds, bequests and gifts. In order to meet and provide services in our community, we rely on the generosity of individuals and businesses for support. Without assistance of community-minded individuals just like you, we wouldn't be able to serve those in our community each year.

We ask that you help make your commitment to support our current fundraiser. Your generosity will make a difference in our community by allowing us to continue in our work. Remember, that every donation makes a difference, regardless of size.

Our current fundraiser is once again a partnership with Didier Greenhouses (4601 West State Street, Rockford). What a great idea for Easter and Mother's Day. Garden planting is just around the corner and Didier has all your gardening needs. Cards are easy to get, easy to use, can be easily mailed to anyone—and they have no expiration date!

\$20 gift cards are available to purchase. Purchasing your gift card is as easy as filling out the order form below, and send with your cash or check to:

Winnebago County 4-H & Extension Foundation
1925 S. Meridian Road
Rockford, IL 61102

We will mail you your gift card for you to enjoy! Remember to visit us on Facebook, or you can email us at winnebagofoundation2011@gmail.com. Thank you very much for your continued support.

Sincerely,

Winnebago County 4-H & Extension Foundation

————— Please cut along dotted line —————

_____ # of gift cards x \$20 = \$ _____ TOTAL

MAIL CARDS TO: Name _____

Address _____



Members will not be approved until leader's have verified they received payment and/or paid by credit card online this year. You will not be able to enroll in Fair Entry until I have received this information from your club leader.

Project Manuals will be purchased by individual families through a [pop-up shop in 4-H Mall](#). I recommend ordering together to save shipping expenses. An email was sent with directions for obtaining manuals on 11.5.2021 & 2.1.2022. Here is a link to the state 4-H page project resources: <https://4h.extension.illinois.edu/project-resources>

**Photos due
11:59 p.m. on
March 31, 2022**

**"Hit Me with Your Best Shot"
4-H Photo Contest**

Register at: <https://z.umn.edu/BestShotPhotoContest>
Info: <https://extension.umn.edu/event/hit-me-your-best-shot-4-h-photo-contest>
Questions? Email fourhphoto@umn.edu

UNIVERSITY OF MINNESOTA EXTENSION

Minnesota 4-H Photography is excited to offer a multi-state photo contest to youth in grades K-13.

In the "Hit Me with Your Best Shot" 4-H photo contest, youth are encouraged to select their best photo and tell the committee why it's special to them. Submit one (1) image (with no or minimal editing) with up to three sentences on why it's important to you by 11:59 p.m. on March 31, 2022. Find more information here: ["Hit me with your best shot" 4-H photo contest | UMN Extension](#) with rules [here](#).

Join the U of I Global Club to have FUN and CHANGE the WORLD

Join the IGlobal team from the University of Illinois College of Education in meeting with students from around the world!

- Work with peers from other countries virtually to solve global challenges
- Learn about global markets, global climate change, UN Sustainable Development Goals
- Make friends from around the world
- Build your precollege expertise and Intercultural experience
- Learn from University of Illinois professors and college students.

Guided by the University of Illinois professors and college students, each meeting will consist of group challenges to solve global problems,. You do not have to be in 4-H to take part in this FREE opportunity. Enrollment is open to individuals and groups/classrooms in 6-8th grade.

The club meets once a week, March- May. There are three time options to choose what works best for any schedule: Saturdays at 8AM, Mondays at 8AM also Tuesday at 9AM or 4PM.

*No language or previous experience required.

Please have the registration submitted by March 18 . go.illinois.edu/globalclub

Send questions to ehugh2@illinois.edu



JOANN FABRICS DONATIONS

Every dollar makes a difference in helping a young person find their SPARK. February 1 – April 30, visit a local @JOANN store and you can invest in a young person by donating to @4-H. joann.com/4-H/ #JOANNhearts4H

Thank you @JOANN for helping empower more kids to grow themselves and their communities. joann.com/4-H/ @4-H #JOANNhearts4H

February 1 – April 30, we invite you to visit a local @JOANN store to create with your hands and give with your heart through a donation to @4-H. joann.com/4-H/ #JOANNhearts4H

Get your @4-H Rewards Card today! Stop by a local @JOANN store now to sign up for free and receive 15% off your purchases. It's a great way to shop with purpose & give back to 4-H! joann.com/4-H/ #JOANNhearts4H



JOANN



Back by
Popular Demand!

19th Annual



4-H DAY WITH THE *Cardinals*

4-H members, alumni, family, and friends are invited to join University of Illinois Extension in partnership with University of Missouri Extension for a (hopeful) Cardinal win against the San Francisco Giants!



May 14
1:15PM
\$25/ticket
*All sales final

REGISTRATION DEADLINE: APRIL 1 @ 11:59PM

- Participate in the parade on field prior to the game.
- Shirt included in ticket price.
- Additional raffle tickets available for \$1.00. 1st prize is to throw out the first pitch (4-H members only). Additional prizes include tickets to a future game and autographed baseballs (no exclusions for additional prizes.)

Register here: <https://go.illinois.edu/4HCardinals2022>

*Please note - groups that wish to sit together **MUST** submit **one** order.

TICKETS AND T-SHIRTS WILL BE MAILED OUT THE LAST WEEK OF APRIL!

Ticket/t-shirt questions? Contact Rhonda Shafer at shaferr@missouri.edu
Parade/raffle questions? Contact Dave Hileman at hilemand@missouri.edu



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If you need a reasonable accommodation to attend, call the registration office



Extension
University of Missouri

CALENDAR OF WINNEBAGO 4-H EVENTS & ACTIVITIES

MARCH, 2022

10- Apr.1	FAIR ENTRY IS OPEN for Public Speaking Contest Entries
19 9-11 am	4-H Shooting Spots Sign Ups– walk in– 5075 26th Ave, Rockford
20	Registration Deadline for Cloverbud Activity Hour
25 9:30-11:30 am	4-H Cloverbud Activity Hour at Extension Office
30 5:00 pm	4-H Dog Show Kick Off Meeting, Extension Office– register at http://go.illinois.edu/WCdog2022

APRIL, 2022

1	Deadline for Public Speaking Entries for Winnebago County Show
1	4-H BBQ Meat Box Fundraiser Sale Begins (orders/\$\$ due May 25)
2 9:30 am	YQCA Face-to-face Training – Prince of Peace Church, Rockton (must pre-register)
2 Afternoon	Illinois Statewide 4-H Tree Planting Program, Rock Valley College
5 6:00 pm	4-H Public Speaking Contest – Extension Office
6	Becky Community Outreach Programming
15 9:30 am	YQCA Face-to-face Training – Prince of Peace Church, Rockton (must pre-register)
15 Afternoon	Illinois Statewide 4-H Tree Planting Program, Rock Valley College (Reserve date if ground isn't thawed enough for April 2)
20	Becky Community Outreach Programming
23	4-H Camp Counselor Training, Oregon
27 5:30 pm	4-H Leader's Meeting – Extension Office
30	Illinois 4-H State Public Speaking Contest, Parkland College, Champaign

MAY, 2022

1-June 10	FAIR ENTRY OPENS FOR ALL MEMBERS TO REGISTER ENTRIES FOR 4-H FAIR
5	Becky Community Outreach Programming
11 6-6:45pm	4-H Rockford Fire Department Tour– Station 6
11 6-8pm	4-H Camp Counselor Training, Zoom
25 4:00 pm	BBQ MEAT BOX Orders & Payment DUE to Extension Office
30	EXTENSION OFFICE IS CLOSED for Memorial Day Holiday

JUNE, 2022

6-10	4-H Bass Fishing SPIN Club, Pecatonica
10 11:59 pm	FAIR ENTRY CLOSES (All entries must be registered by 11:59 pm)
11 8-10 am	Winnebago County 4-H Chalk the Walk, Extension office
11 Noon-1 pm	BBQ Meat Box Order Pickup at Extension office parking lot; Noah's Ark donation drop off
14-16	Northern Illinois 4-H Day Camps
17	EXTENSION OFFICE IS CLOSED for Juneteenth Holiday
25 10:30 am	4-H Float Day- Sugar River
29 9-12pm	Wizarding World of 4-H, Prince of Peace Church, Rockton

JULY, 2022

4	EXTENSION OFFICE IS CLOSED for Independence Day Holiday
9 10:30 am	4-H Float Day- Sugar River- RAIN DATE
8 9:00 am	4-H Clothing Judging – Old Stone Church



4-H Club Meetings— Attendance Policy

All 4-H members must attend 1/3 of their club meetings for the year, from the time of their enrollment, in order to show at the 4-H shows this summer.

ILLINOIS 4-H INFORMATION:



INTRO TO 4-H AIR RIFLE COMPETITION SHOOTING

NOTE DATE CHANGE: (program moved from Feb. to Mar.)

Special Workshop - Intro to 4-H Air Rifle Competitions

New Date: March 19, 2022 Take your existing 4-H air rifle club to a new level! Competition training for 4-H Rifle Club leaders and up to three 4-H Club members. 10am-5pm at Central Illinois Precision Shooters in Bloomington, IL.

Contact Curt Sinclair at sinclair@illinois.edu for flyer and/or register at: go.illinois.edu/4HAirRifleTraining

2022 4-H Shooting Sports Adult Volunteer Certification Trainings

Contact your local U of I Extension office 4-H professional and they will process your registration. Certifications in Archery, Shotgun, Rifle, Pistol, Coordinator, and Hunting/Outdoor Skills (May 7 only) offered. One discipline per day/per person. All programs run 9am-6pm and are active range time instruction.



Sat., March 26, 2022 Tombstone Range, Marion, IL (southern Illinois)

Sat., May 7, 2022 4-H Memorial Camp, Monticello, IL (central Illinois)

Sat., July 16, 2022 Bi-State Sportsman's Club, Colona, IL (N.W. Illinois)



Illinois RiverWatch has 15 training sessions set up for March and April each in a different county in Illinois. To learn more, visit their official website at:

<http://www.ngrrec.org/Riverwatch/>

This is a tremendous opportunity become an aquatic citizen scientist! Ask for the 4-H discount off their regular fee. A great, long lasting club activity!

ILLINOIS 4-H INFORMATION:



4-H International

Host an international youth this summer

International students come to IL each summer and stay with a host family for about 4 weeks. 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 23 through August 18 (tentative dates).

Applications are accepted until all placements are made. There is no cost for this program.

Students are matched with a host sibling by age gender and interests. So families hosting, must have a child the between 12-18

Host family selection is dependent on completion of an application and screening process, as well as student availability and personality compatibility.



For more information or to apply, visit: <http://www.states4hexchange.org>.

Find us on Facebook @ [facebook.com/illinois4hexchange](https://www.facebook.com/illinois4hexchange) or contact Illinois S4-H Coordinators: Miriam Rosenbohm @ rosenbohm07@comcast.net or Elisha Hughes @ ehugh2@illinois.edu.



Applications are now OPEN for the 2023 #4HYouthinAction Awards! Now is the chance for 4-H'ers ages 15-19 to tell their 4-H story of impact, leadership, and purpose.

Four selected recipients will:

-  earn a \$5K scholarship
-  serve as a national youth spokesperson

...and much more!

Learn more about the awards, application process, and apply!

<https://bit.ly/3FgUIb0>

ILLINOIS STATE 4-H PUBLIC SPEAKING CONTEST

April 30, 2022
Parkland College, Champaign

ILLINOIS 4-H INFORMATION:



ILLINOIS 4-H CLUBS & MEMBERS MAKING VALUABLE CONTRIBUTIONS!

4-H members and clubs have continued to demonstrate they are ***True Leaders in Service***, as they roll up their sleeves and put the 4-H Pledge into action working toward positive change that empowers their peers and their communities. ***The True Leaders in Service Day is set for Saturday, April 23, 2022!***

Start planning now to focus your energies on the 4th “H” and pledge your HANDS to larger service! Service projects can be the work of individuals, 4-H clubs, or planned as a county-wide service project. No matter what project you feel is needed most in your community – this will be a day to make a difference!

Please use this link to register your Community Service event: <https://web.extension.illinois.edu/registration/default.cfm?RegistrationID=24356>



CITIZENSHIP WASHINGTON FOCUS – COMING SUMMER 2022!

We are pleased to announce that we will once again be taking a delegation of Illinois 4-H teens to experience first-hand the wonders of Washington D.C.

We are waiting for a confirmation regarding our travel dates, however we encourage interested teens to begin thinking about being a part of this opportunity where they will connect with teens from across the country to gain skills which will prepare them to be effective changemakers in their communities.

Additional details including confirmed dates; cost; and pre-trip planning will be shared soon!



GET YOUR TACKLE READY - 2022 4-H Sport Fishing Virtual Monthly Challenges Coming Soon!

Open to all current year 4-H members, but sweet prizes **only** for 4-H members registered in the 4-H Sport Fishing project for the 2021-2022 year. **Tournament details coming soon!**

April – Crappie State 4-H Tournament

May – Largemouth Bass 4-H State Tournament

June – Channel Catfish 4-H State Tournament

WARREN COUNTY 4-H LIVESTOCK JUDGING CONTEST

Registration

8 AM

Contest

9 AM



Saturday, May 28, 2022
Warren County Fairgrounds
Roseville, IL



Junior Division, Ages 8-13 as of January 1 | Senior Division, Ages 14-18 as of January 1

Team and Individual Awards Presented to Overall and Species Winners

\$3/person | Checks payable to "University of Illinois Extension"

Contact Shelby Carlson, 4-H Youth Development Educator at srcarls2@illinois.edu or

(309)734-5161, or Lynn Shimmin at (309)224-1469 with questions

Advanced registration requested by emailing Shelby at [srcarls2@illinois](mailto:srcarls2@illinois.edu)

**Lunch Available for Purchase
from Happy Hustler's 4-H Club**

College of Agricultural, Consumer & Environmental Sciences
University of Illinois, U.S. Department of Agriculture, and Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.
If you need a reasonable accommodation to participate, please contact your local extension office.
Early requests are strongly encouraged to allow sufficient time for meeting your access needs.



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

WHAT'S HAPPENING AT EXTENSION:

UNDERSTANDING INFLAMMATION: HOW DIET AND LIFESTYLE INFLUENCE THE INFLAMMATION PROCESS



Join us in-person or virtually

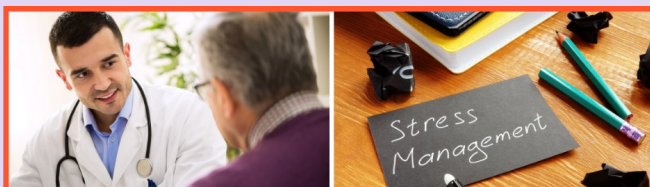
Illinois
Extension



Understanding Inflammation and How Diet Influences the Inflammation Process will be held on Tuesday, April 12, from 1:00 PM to 3:00 PM, at the Stephenson County Farm Bureau, 210 W Spring St, Freeport. Cannot join us in person? Then join us virtually!

Wednesday, April 13, from 1:00- 3:00 PM, via Zoom.

There is no cost to attend this program, however, seating is limited, and pre-registration is required. The deadline for registration for both events is Monday, April 11, 2022. For more information call our office at (815) 235-4125 or visit us online at go.illinois/jsw



Prevent Kidney Disease



LIVE A HEALTHY LIFESTYLE

Illinois
Extension



Adopting a healthy lifestyle is truly essential when it comes to preventing any chronic illness. Lifestyle diseases, like chronic kidney disease, type 2 diabetes, high blood pressure, and obesity are often the result of a lifetime of choices. There are steps that you can take to protect your kidneys and live your best life. Learn more @ <https://bit.ly/3vA8TGS>



Check out the new blog entry written by Grant McCarty, Small Farms and Local Foods Educator. In this entry Grant highlights farmer Drew Groezinger and his journey from vegetable grower to flower farmer and how he attributes his success with Clara Joyce Flowers to the people that have helped him along the way. <https://extension.illinois.edu/.../2022-03-03-cut-flower...>



WINNEBAGO COUNTY SWCD

2022 POSTER CONTEST

Submit by April 29th, 2022 Must be a resident of Winnebago County and meet the following perimeters:

Theme: Healthy Soil, Healthy Life

The work must be the contestant's original creation & should not include any copyright, trademark, or brands other than the theme logo. One winner will be chosen for each age group. Winners will receive a \$25 Amazon Gift Card.



Digital Poster

Age Groups

- 7th-9th Grade
- 10th-12th Grade

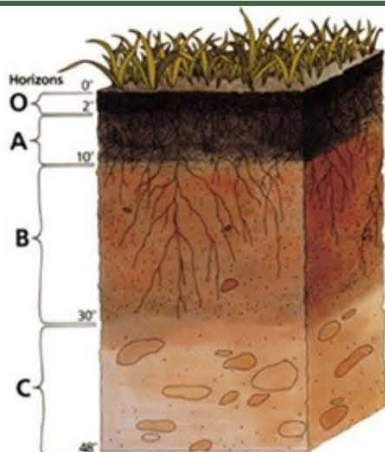
The poster must be a digital design and can be created in any platform. The design should be 8.5 X 11 in size and at least 300DPI. Files should be in JPEG or PNG format.

Physical Poster

Age Groups:

- K-1st Grade
- 2nd-3rd Grade
- 4th-6th Grade
- 7th-9th Grade
- 10th-12th Grade

Any media can be used (paint, crayons, stickers, etc.) to create a flat poster. Hard copies can be dropped off or mailed to the office and digital pictures or scans should be JPEG or PDF format.



What makes a good poster?

- Attracts attention
- Is simple & concise-Don't try to include too many ideas
- Uses colors & white space effectively
- Text is large enough to be easily read
- Don't use all words or all illustrations
- Research the theme topic & brainstorm ideas

Judging will be based on conservation message (50%) visual effectiveness (30%) originality (10%) universal appeal (10%).

For more information regarding healthy soils visit <https://www.nrcs.usda.gov/wps/portal/nrcs/main/national/soils/health/>

Winners will have a chance to compete in the state competition and possibly the national competition!

Respective release forms and applications must be filled out. Contact the Winnebago County SWCD for application forms or more information at 815-965-2392 ext.3, kwalswcd@comcast.net, or 4833 Owen Center Rd, Rockford, IL 61101





Winnebago County SWCD

Poster Contest Application

Please attach the application form to the back of the poster or email with electronic poster

Student

First Name: _____ Middle: _____ Last Name: _____

Address: _____ Age: _____ Grade: _____

Please Circle One:

Yes or No: This poster is the original work of the student named above

Yes or No: The student received assistance from another person or materials/ideas from another source. If answered "yes" please include a brief explanation.

Parent/Guardian

Signature: _____ Date: _____

Printed Name: _____

Email: _____ Phone Number: _____

Parent/Guardians signature will allow the Winnebago County SWCD to utilize the poster submitted for educational or promotional purposes.

School/Group/Organization

Please Choose: _____ Public School _____ Private School _____ Home School _____ Organization _____ Other

Name: _____

Contact: _____ Email: _____

Address: _____ Phone Number: _____

City: _____ State: _____ Zip Code: _____

Winnebago County SWCD • 4833 Owen Center Road • Rockford, IL 61101 • (815)965-2393 ext.3 • winnebagoswcd.org

The Winnebago County Soil and Water Conservation District is an equal opportunity employer. All programs and services are offered without regard to race, color, national origin, religion, sex, age, marital status, or handicap.