



NEWSFLASH



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!](#)

January 10, 2020

Inspired to Lead— Called to Serve


Good afternoon 4-H families,

Warm wishes to each of you as we begin the journey of 2020!
Especially with the impending weather coming our way this weekend!

We are excited to offer you lots of upcoming workshops to start the year off! Our poultry clinic is coming up on January 25th for those that are interested in learning about the poultry project for the fair. We are also offering in honor of February being American Heart Month, a CPR & AED certification for members ages 12 and up (including adults that volunteer with 4-H) on February 9th for \$5. Additionally, we are having a painting party at Jelly Art Studio on February 22 for \$10! Then we flip to March and have our annual Super Saturday on March 7th here at the Extension office at Highland Community College. I hope you are able to take advantage of some of these great opportunities!

For our livestock project members, please be sure to check out the important YQCA training information on page 4 in bright yellow! It is very important to have this training completed or you will be denied at the fairgrounds to show. Be sure to make 3 copies of your certificate of completion – 1 for you, 1 to bring with in your show book, and 1 to the Extension Office to have on file.

Lately, we are currently looking for a new Woodworking superintendent and a Shooting Sports Coordinator. If you or someone you know is interested, please call or email me ASAP so we can begin the 4-H volunteer screening process. We will not be able to hold our archery classes until we have a trained coordinator.


 theweathereric



As we get closer to fair, I do need a couple people that are woodworkers to help me bring some new fair display ideas to life! Could you help me?

Stay safe and warm this weekend! Please do not travel unless you have to! My dear friend Eric is a meteorologist in the quad cities, but used to be in Rockford...

~Becky Gocken


Liked by ryan_salamon2734 and 105 others
theweathereric The look I'll give you if you tell me you have travel planned around our region Saturday. 🤔



STEPHENSON COUNTY 4-H INFORMATION

STEPHENSON COUNTY 4-H



POULTRY CLINIC

SATURDAY, JANUARY 25, 2020
10- 11:00 A.M.

**UNIVERSITY OF ILLINOIS EXTENSION-
 STEPHENSON COUNTY
 HIGHLAND COMMUNITY COLLEGE CAMPUS-
 BUILDING R, ROOM 153**

The day will focus on the basics of starting your poultry project!

The following will be covered:

- Preparing for chicks
- Feeding
- Getting started with pigeons
- Lots of general information

For more information contact Rita Koch at 815-449-2910
 Please RSVP to the Stephenson County Extension Office at <http://go.illinois.edu/jsw>
 or call (815) 235-4125 by Friday, January 17 by 4 p.m.

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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 and Youth Development

CPR & AED TRAINING

BECAUSE YOU JUST MIGHT BE ABLE
 TO SAVE A LIFE

UNIVERSITY OF ILLINOIS STEPHENSON COUNTY
 EXTENSION OFFICE

SUNDAY, FEBRUARY 9, 2020
12:30-3:00 P.M.



Class Duration: 2.5-3 hours
 Class Cost: \$5 for Students/Adults who work with K-12 Students
 \$25 for all others
<https://extension.illinois.edu/jsw>

Registration open to the first 6 members, leaders or volunteers ages 12 and older.

Heather Baker is an American Heart Association CPR instructor from Rockton, IL who is passionate about CPR/AED training due to her own survivor story. At only 28 years old, Heather experienced Sudden Cardiac Arrest on 2/1/18 at Pecatonica High School, after experiencing no warning signs. When her heart unexpectedly stopped at work, Heather's colleagues immediately jumped into action and used CPR and the AED to bring her back to life, shocking her heart three times. Heather is a part of a small group of survivors, thanks to the fast actions of her coworkers (less than 9% of victims survive Sudden Cardiac Arrest).

Inspired to give back to the community, and to teach the importance of CPR/AED, Heather now offers Heartsaver First Aid and Infant, Child, and Adult CPR/AED training. Her American Heart Association approved classes will teach you the life-saving skills that everyone should know, and will give you the confidence to save a life when you are needed to do so.

To hear Heather's complete story, visit: <https://www.youtube.com/watch?v=mEC4MwZCYLo>

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Stephenson County 4-H and Youth Development
 & Jelly Art Studio

LET'S PAINT!

SATURDAY, FEBRUARY 22, 2020
9:30 - 11:30 A.M.

You bring the sketch and we will take care of the supplies and the mess!

Participants will create an original painting on an 8 X 10" canvas for only \$10!
 Grab a friend and come join the fun!
 Participants must be between the ages of 8-18 years of age.
 Please wear old clothes! We will get messy!

Registration is open to the first 15 participants and closes February 16, 2020.
 Jelly Art Studio is located at 6 E. Stephenson Street, Freeport.

Jelly Art Studio
 create · explore · grow

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Super Saturday Workshop Helpers Needed!

March 7, 2020
 9 a.m. - 11:35 a.m.

Please email or call Becky if you can help us!

815-235-4125 or rgocken@illinois.edu

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We are currently looking for a new Woodworking superintendent for the fair!

Please email or call Becky of you are interested!

815-235-4125 or rgocken@illinois.edu

STEPHENSON COUNTY 4-H INFORMATION

NORTHERN ILLINOIS 4-H SUMMER CAMP

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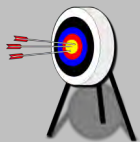
JUNE 8-12

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



4-H Shooting Sports Coordinator Needed ASAP!

We are looking for an individual willing to be our Stephenson County 4-H Shooting Sports Coordinator to be able to continue our archery program. This person would be required to attend the Coordinator training. The information about the program and training dates is here: <http://4h.extension.illinois.edu/programs/shooting-sports/4-h-shooting-sports-volunteers>. We would want to begin the 4-H volunteer screening process ASAP before you attend the training. Please contact Becky Gocken @ 815-235-4125 if interested!



We are currently looking for old, wooden 6' ladders to use as part of our State Fair Delegate displays. No one will be standing on them, so it's okay if they are un-stable. We will be painting them and using them for years to come! Please email or call me if you have any lying around that you no longer want!

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. You may take the in-person training with me on February 11, 2020 at Freeport Public Library (registration at 4:30 p.m. and begin at 5:00 p.m.) for \$3 per member, or on your own for \$12 per member. If February 11th does not work for you, you may take the training in another county for \$3 per member. The list of dates and times offered by other counties is available when you sign in to pre-register on the website.

You must pre-register using your 4-H Online Family email and password by February 9th and pay via credit card at:

<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/>.



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STEPHENSON COUNTY 4-H CLUB UPDATES/ SHOUT OUTS



Davis Rockets

Davis Rockets is celebrating their last year in review on January 12th at 1:00 p.m.

Your meal is provided as a thank you for all your help throughout the year. Please RSVP to Bonnie.

Dear Board of Directors,
Thank you so much for choosing me to receive the Brittany Koch Scholarship. I was very excited to find out that I received it. It was my very first scholarship that I have received this year. I plan on using the money for my needs at Highland. I will spend it on the books I need, other supplies, and maybe a computer. Again thank you so much for choosing me. It means a lot to know that I was one of the last ones to receive this scholarship. Thank you so much.

Sincerely,

Krista Keene

Country Cuzins

The Country Cuzins held their January meeting Monday January 6th at the Dakota United Methodist Church. Before new business Jake Mitchell led the club in the human knot activity. Member with animal projects requiring the YQAC training were reminded to get signed up for the training session offered through the extension office at the library Feb 11 at 4:30 for the reduced cost of \$3 if interested. We voted to have a winter activity of a roller skating party to be held Saturday February 1st at the Skate Station in Lena. Assigned members then gave their talks/demonstrations. Following the meeting club members were divided into groups and participated in officer led project learning activities such as goats, pigs, poultry, cooking, flower arranging, and public speaking.

Reporter

Rachel Busker



STEPHENSON COUNTY IMPORTANT DATES TO REMEMBER

JANUARY 2020

- 18 9– 12:30 p.m. Dog Show Clinic, Dixon
- 20 Office Closed for Martin Luther King Jr. Day
- 25 10:00 a.m. Poultry Clinic, HCC, Bldg. R, Room 153
- 25-26 Teen Leadership Conference, Decatur



FEBRUARY 2020

- 5 6:30 p.m. **Organizational Leaders Meeting**
- 9 12:30 p.m. **CPR & AED Training (pre-registration required)**
- 11 4:30 p.m. **YQCA Training (optional for \$3 fee vs. \$12 on your own) Freeport Public Library**
- 15 9:00 a.m. Beef Weigh In– Lena Vet Clinic, Lena
- 17 11:30 a.m. 4-H Ambassador Meeting @ Elliott Graphics
- 22 9:30 a.m. **Let's Paint! Workshop at Jelly Art Studio, Freeport (pre-registration required)**
- 22 Beef Weigh In Snow Date
- 22-23 Junior Leadership Conference, Effingham

MARCH 2020

- 1 Last day to register for 4-H Camp
- 7 9– 11:45 a.m. **Super Saturday, HCC, Building R**
- 13-14 Boys Science Siesta, Discovery Center, Rockford
- 25 6:30 p.m. Dog Classes Kick-Off Meeting, HCC, Room 153

APRIL 2020

- 1 **Final day to add/change projects in 4-H Online**
- 3-4 Girls Science Siesta, Discovery Center, Rockford
- TBA Spring Archery Shooting Sports (postponed until we find and train a Coordinator)
- 18-25 National Volunteer Week
- 19 11-2 p.m. 13th Annual Stephenson County 4-H & Extension Foundation Pork Chop Dinner, Eagles Club 1200 West Galena Ave, Freeport
- 22 4-H Public Speaking & Demo Contest

MAY 2020

- 20, 27 6:00 p.m. Dog Class, Stephenson County Fairgrounds, New Commercial Bldg.

Stephenson County Fair

is

July 21-25!

General Projects Day is

July 8th!

More info about other shows
coming soon!

STATE 4-H INFORMATION:



Getting a Jump on the 4-H Dog Project!

Get a jump on all that's possible in the 4-H dog project at a NEW workshop 9 a.m. to 12:30 p.m. Saturday, Jan. 18 at the Granny Rose K-9 Enrichment Center in Dixon. The workshop will include a live agility demonstration, hands-on grooming lessons specific to your breed, health and nutrition tips, and a live rally demonstration. The event is sponsored by the Illinois State 4-H Livestock Ambassador Team. Pre-registration is not required.

Think Summer and Make Plans for 4-H Camp

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.

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

Aim High for the Illinois State Fair

Make plans now to attend the Illinois State Fair. The 4-H General Project Show will be three days, Aug. 14-16 in Springfield.

Our exhibit day is August 14, 2020.



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.

Understanding Copyright and Trademark Laws

When an author, musician, designer, or artist creates something, it is immediately protected by copyright or trademark laws and other people can't use it or create something similar. Original works such as stories, music, pictures, plays, dances, sculpture, movies, and architecture are protected. 4-H members should use caution when working on a speech, display, or exhibit so you don't use something that doesn't belong to you.

4-H members can't draw or copy someone else's design, logo, words, or music without the permission of the original owner. That means, you can't draw a logo (such as Ford or John Deere) and use it on your exhibit. You can't create Mickey Mouse ears on your cake. You can't draw a Disney princess. You can't put SpongeBob image on your natural resource project exhibit board.

Think of it like this. You wouldn't take your neighbor's bike and ride it around to make your life easier without getting permission first. That would be stealing. When you take words, art, graphics, or photographs that aren't yours but use them like they are, that's stealing, too. Copying them from the internet is the same as stealing them unless you are using a site specifically created for free use of images.

For more information on what's allowed, contact Judy at illinois4H@illinois.edu and ensure you're respecting the rights of others.

STATE 4-H INFORMATION:

New Certification Required for Youth Exhibiting Livestock

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

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

Feb. 11, 2020 Freeport Public Library



Save the date for 2020 Illini Summer Academies

The college exploration event of the year is set for 2020. Illinois 4-H Illini Summer Academies will be held June 21 – 27 on the University of Illinois campus. Registration opens March 16 and runs through April 17 for participants. Youth requesting financial assistance should apply January 31 thru March 1. Look for new information soon.

Change Lives, Be a 4-H Camp Counselor

It may be cooling off now, but summer will return, and we need you to help mentor the campers at 4-H Memorial Camp near Monticello. Applications will be available in January. We're looking for certified lifeguards and young adults interested in fishing, shelter building, tree and wildlife identification, and other outdoor adventures. We also need counselors interested in STEM programming. For information, contact Andy Davis @ ardavis1@illinois.edu or call 217-762-2741.

Take the Next Step in Your Leadership Journey

February 22 & 23 | Effingham, IL

You'll laugh. You'll make new friends. You'll even learn cool ideas to take back to your own 4-H Club at this year's Illinois 4-H Junior Leadership Conference. The conference is open to 4-H members in 7th and 8th grade. Registration will open in November at go.illinois.edu/4Hjlc. This year's conference will be held at the Holiday Inn in Effingham!

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.

Take a Trip Across the Globe

4-H is not only the largest youth development program in the United States. It is also in 60 countries around the world! Through this network, Illinois 4-H offers youth and their families an opportunity to think globally, grow in their cultural awareness, and gain knowledge about the world through international exchange programs that include both hosting and travelling abroad. These are coordinated in partnership with the States' 4-H International Exchange Program which works with Cooperative Extension programs across the nation. <https://www.states4hexchange.org/>.

Visit exciting new places as part of the 2020 States' 4-H International Exchange program. Check out this line-up:

- Costa Rica: June 18 – July 17. Cost \$1,775 (plus airfare \$800 to \$1,300). Ages: 15 – 18.
- Japan: July 8 – August 6. Cost \$2,725 (plus airfare \$1,700 to \$2,600). Ages: 12 – 18.
- Japan: June 18 – August 6. Cost \$3,875 (plus airfare \$1,700 to \$2,600). Ages: 12 – 18.
- Norway: June 24 – July 24. Cost \$2,200 (plus airfare \$1,300 to \$2,000). Ages 15 – 18.
- South Korea: July 15 – August 13. Cost \$2,430 (plus airfare \$1,300 to \$2,300). Ages 12 – 18.
- Taiwan: June 28 – July 28. Cost \$2,200 (plus airfare \$1,300 to \$2,300). Ages 12 – 18.
- Romania: June 24 – July 24. Cost \$1,775 (plus airfare \$1,300 to \$2,000). Ages 15 – 18.



The first deposit and application are due December 1. Second deposit is due February 1. For more information, check out their website @ states4hexchange.org/.

STATE 4-H INFORMATION:

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REGISTER NOW
go.illinois.edu/4HJLC



Registration has reached capacity! Call Katie Duitsman at the State Office @ 217-333-0910 to be put on a waiting list! They will be offering the Junior Leadership Conference again this fall, October 10-11 in Decatur, IL!

**BE THE LEADER
YOUR CLUB NEEDS!**

<p>BOOK YOUR TRIP TODAY</p> <p>Only 100 spots available <i>Registration closes January 24 (or at capacity)</i></p> <p>COST: \$170 SCHOLARSHIPS AVAILABLE ONLINE</p>	<p>February 22-23</p> <p>ARRIVE 10 - 11 AM Saturday, Feb. 22 DEPART by 11:30 AM Sunday, Feb. 23</p> <p>Keller Convention Center 1202 Keller Drive Effingham</p> <p>7th & 8th grade 4-H members</p>
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If you need a reasonable accommodation to attend, call the registration office.



JOIN THE STATE 4-H LIVESTOCK AMBASSADOR TEAM AT THE STATE 4-H DOG CLINIC



State 4-H Dog Clinic
Granny Rose K-9 Enrichment Center
613 River Lane, Dixon, IL
Saturday, January 18, 2020
9:00 a.m. to 12:30 p.m.

Come out & learn tips on how to best prepare for 4-H dog shows. Expert handlers will present an interactive hands-on clinic covering all facets of dog showing. The clinic is free and all Illinois 4-H members are invited to attend! Participants should not bring dogs.

Pre-register for free at:
<https://go.illinois.edu/state4-Hdogclinic>



Program:

- 9:00 a.m. - Agility**
- 9:45 a.m. - Grooming**
- 10:15 a.m.- Health & nutrition**
- 10:45 a.m.- Dog Trivia fun with
Livestock Ambassador Team**
- 11:15 a.m. - Rally Demo & walk through**



Information contact: Dan Jennings 815-218-4358

If you need a reasonable accommodation to participate, please contact the Extension office. Early requests are strongly encouraged to allow sufficient time for meeting your access needs.
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4-H Livestock Clinic

• 2020 POULTRY & RABBIT •

Join us for and learn all the tips and tricks that you will need to know for your show day! Feel free to bring your own rabbit or poultry species and

Mike will help you with any questions you might have!

This event is sponsored by the Illinois State 4-H Livestock Ambassador Team and our presenter for the day is Mike Claypool.



Free Pre- registration at:
go.illinois.edu/LATclinic



FEBRUARY

8TH

9am-11am

Effingham County Fair Grounds

722 E Cumberland Rd

Altamont, Il 62411

contact: Dan Jennings 815-218-4358

If you need a reasonable accommodation to participate, please contact the Extension office.
Early requests are strongly encouraged to allow sufficient time for meeting your access needs.
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OGLE COUNTY 4-H HORSE DRILL TEAM

The Ogle County 4-H Horse Drill Team is getting ready to start its new year with coaches, Jackie Detig and Linda Schreiber.

The Ogle County 4-H Horse Drill Team is a group of 4-H members between the ages of 8 - 18, and performs with classic drill team precision while promoting good horse etiquette and riding skills.

Here the riders learn how to synchronize in line formations, change leads and other basic riding and drill techniques. They learn horsemanship, responsibility, respect for others and their horse, commitment, and sportsmanship. These riders are expected to be committed and dedicated to attending meetings, practices and events.

If you are interested in joining, please join us at an informational meeting. The meeting will be held on February 16th at 2:00 P.M. in the auditorium of the Farm Bureau Building, 421 West Pines Road, Oregon, IL

Requirements:

1. Must be able to walk, jog, lope and ride one-handed. We will be working with flags.
2. You don't have to own your own horse, but must be a current 4-H member. You do not have to be in the horse project. Must ride in long pants, lace up or cowboy boots and helmet at practices and performances.
3. Date for the tryouts will be announced at the meeting. At the informational meeting, you will be given the pattern. If you are interested in joining the drill team and cannot make the tryout date announced, please contact one of the coaches.
4. Must attend 60% of all practices and four out of the last six practices prior to performance, and all members must attend the last practice prior to the performance to be eligible to perform. **(This is at the discretion of the coaches.)**
5. We tentatively will have practices at least once a week -- April through August.

We look forward to your coming and joining us for a summer of fun and teamwork.

Please RSVP the Ogle County Extension Office at (815) 732-2191 if you are planning on attending the meeting. With living in Northern Illinois in February, we may have to cancel the meeting because of weather.

STATE 4-H INFORMATION:

Here's Help to Pay for College

FARM CREDIT ILLINOIS SCHOLARSHIPS

High school seniors planning careers in agriculture may apply for a \$2,000 scholarship. Farm Credit Illinois will provide 30 scholarships to youth who live or farm in one of the 60 counties in their service area. The first \$1,000 will be distributed for the Fall 2019 semester, and the second \$1,000 will be applied during the Fall 2021 semester. Apply online at farmcreditIL.com before March 1. Are going to University of Illinois College of Agricultural, Consumer, and Environmental Sciences? The college is MATCHING this scholarship, dollar for dollar! Double your money while getting a great ag education!

FAMILY LEGACY FUTURE



Charitable arm of the
Illinois Farm Bureau®

More than **\$875,000**

in scholarships are awarded annually
through the Illinois Farm Bureau
and County Farm Bureaus.

Visit www.iaafoundation.org

Application Period: **December 1, 2019 - February 1, 2020**

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STATE 4-H 2020 CALENDAR OF EVENTS

2020 Dates

January 9	DEADLINE: Salute to Excellence
January 18	Dog Clinic, Dixon, IL
February 22 – 23	Junior Leadership Conference, Effingham
March 1	DEADLINE: Farm Credit Scholarship
March 14	2020 Awards Banquet by invitation only
April 25	National 4-H Day of Service
June 2 – 6	Week 1: Camping at 4-H Memorial Camp
June 7 – 11	Week 2: Camping at 4-H Memorial Camp
June 15	State Livestock Judging Contest
June 15-18	Week 3: Camping at 4-H Memorial Camp
June 18 – July 17	Outbound to Costa Rica
June 18 – August 6	Outbound to Japan
June 21 – June 27	Illini Summer Academies
June 24 – July 24	Outbound to Norway
June 24 – July 24	Outbound to Romania
June 28 – July 28	Outbound to Taiwan
July 4 – 11	Citizenship Washington Focus
July 5 – 9	Week 4: Camping at 4-H Memorial Camp
July 8 – August 6	Outbound to Japan
July 15 – August 13	Outbound to South Korea
July 26 – 30	Week 5: Camping at 4-H Memorial Camp
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, <u>Stephenson</u> , 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



NATIONAL 4-H INFORMATION:

SUMMIT REGISTRATION IS OPEN

The National Youth Summit Series consists of multi-day programs focused on giving youth real-world exposure in the fields of Agri-Science, Healthy Living, and Photography for grades 9 - 12. Register today to expand your knowledge and create lasting friendships!



4-H ALUMNI FEATURED IN SPORTS ILLUSTRATED KIDS

Tennessee 4-H alumnus and New York Jets linebacker, Avery Williamson, is featured in the December issue of Sports Illustrated Kids! Pick up a copy and watch this video to learn more about his 4-H story and how he is using his passion for farming to pay it forward.



REGISTER FOR SUMMER 2020

Don't miss the opportunity of a lifetime to learn in the living classroom of Washington, DC. Learn more about the 4-H citizenship programs Citizenship and Leadership Washington Focus. These programs give your youth the opportunity to develop civic leadership skills and actionable solutions to complex community issues.

July

Horse Show Events at the Illinois State Fair Grounds

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 Arabian Show Non-Fair Event	2 Arabian Show Non-Fair Event	3 Arabian Show Non-Fair Event	4 Arabian Show Non-Fair Event Barrel Racing MPA State Fair Event
5 Arabian Show Non-Fair Event Barrel Racing MPA State Fair Event	6	7 Palomino Show Non-Fair Event	8 Palomino Show Non-Fair Event	9 Palomino Show Non-Fair Event	10 Palomino Show Non-Fair Event	11 Palomino Show Non-Fair Event
12 Palomino Show Non-Fair Event	13 Palomino Show Non-Fair Event	14 Palomino Show Non-Fair Event	15 Palomino Show Non-Fair Event	16 Palomino Show Non-Fair Event	17 Reiner move in Put sand in arena State Fair Event	18 Reining Show Starting at 3:00 P.M. State Fair Event
19 Reining Show Starting at 7:30 A.M. State Fair Event	20 Reining Show Starting at 7:30 A.M. State Fair Event	21 Reining Show Over at noon AQHA Show Starting at 6:30 pm	22 AQHA Show Starting at 8:00 A.M. State Fair Event	23 Appaloosa Show Starting at 8:00 A.M. State Fair Event	24 Paint Show Starting at 8:00 A.M. State Fair Event	25 Paint Show Starting at 8:00 A.M. State Fair Event
26 Jr Horse Show Schooling over jumps In the After Noon 4:00 to 8:00 State Fair Event	27 Jr Horse Show English Dressage Classes Jumping, Hunt Saddle Seat State Fair Event	28 Jr Horse Show English Showmanship, Conformation Equitation State Fair Event	29 Jr Horse Show English/Western Trail Class Traditional, Stock Pattern Costume Class Scholarship Award State Fair Event	30 Jr Horse Show Western Ranch Riding and Pleasure and Horsemanship State Fair Event	31 Jr Horse Show Western Horsemanship Gymkhana in the MPA in the afternoon State Fair Event	

2020

August

Horse Show Events at the Illinois State Fair Grounds

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1 Jr Horse Show Western Conformation, Showmanship, Egg&Spoon, Versatility Start at 5:00 P.M. State Fair Event
2 Jr Horse Show Western Pleasure & Reining State Fair Event	3	4	5	6	7 Move In	8 Move In
9	10 1st Session State Fair Event	11 1st Session State Fair Event	12 1st Session State Fair Event	13 1st Session State Fair Event State Fair Starts	14	15 Show of Champions State Fair Event
16 Draft Horse Show State Fair Event	17 Draft Horse Show State Fair Event	18 Draft Horse Show State Fair Event	19	20 2nd Session State Fair Event	21 2nd Session State Fair Event	22 2nd Session State Fair Event
23 Draft Horse Pull State Fair Event	24	25	26	27	28	29 Mounted Shooting State Fair Event
30 Mounted Shooting State Fair Event	31					

2020

WHAT'S HAPPENING AT THE EXTENSION:



ILLINOIS EXTENSION
COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

Tuesday, January 14, 2020

NORTHWEST ILLINOIS AGRONOMY SUMMIT

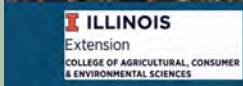
8:30 AM - 3:00 PM

The theme for this year's conference is Updates in Nutrient and Pest Management in corn and soybeans.

For Certified Crop Advisors, 4 CEU's will be available

Hosted by University of Illinois Extension at Highland Community College, Student Conference Center (Building H), 2998 W. Pearl City Road, Freeport, IL \$30 Registration Fee To Register Call Us At 815-235-4125 Or Visit Us Online At go.illinois.edu/AgSummit

Serving Jo Daviess, Stephenson and Winnebago Counties
Jo Daviess County: 204 N. Vine St., Elizabeth IL 61029 815.958.2273
Stephenson County: 2998 W Pearl City Rd, Freeport IL 61032 815.235.4125
Winnebago County: 1040 N Second St, Rockford IL 61107 815.986.4357



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. 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.

Cooking Under Pressure
Using Air Fryers & Pressure Cookers

ILLINOIS EXTENSION
COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

Date: Thursday, January 30, 2020
Time: 1:00 - 3:00 PM
Location: Stephenson County Senior Activity Center, 216 E. Stephenson Street, Freeport
Registration: Program fee is \$5 per person. Pre-registration is requested due to limited seating.



Join us as we learn helpful tips on using air fryers and pressure cookers, the pros and cons of using each as well as receive tasty recipes.

Registration Deadline:
Monday, January 27, 2020

To register or for more information:
Call our office at (815) 235-4125
or visit us online at web.extension.illinois.edu/jsw

University of Illinois Extension
Serving Jo Daviess, Stephenson, & Winnebago Counties
2998 W. Pearl City Rd, Freeport, IL
Call us at: (815) 235-4125
Check out up-coming events



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Dreaming of Spring?

Get a jump start and attend our inspiring annual horticulture event!

JOYS OF GARDENING

Saturday, February 15, 2020
8 a.m. to 3:30 p.m.
\$15-\$25-\$30

Presented by University of Illinois Extension at Highland Community College, 2998 W Pearl City Rd, Freeport IL

*Featuring the keynote presentation
10 Mistakes I Made in My Vegetable Garden
breakout sessions, and lunch.*

Register at
University of Illinois Extension
815-235-4125
go.illinois.edu/jsw

ILLINOIS EXTENSION
COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES



WHAT'S HAPPENING AT THE EXTENSION:

Heart Healthy Living Workshop

Freeport, IL-----February is American Heart Month. A month dedicated to raising awareness about heart disease, and educating the public about preventive measures to reduce their risk of developing heart disease.

Heart disease often thought of as a condition affecting older adults can affect anyone at any age, including children and teens. This is due in part because risk factors contributing to heart disease, such as inactivity, poor nutritional choices and obesity are being seen in younger individuals.

“Whether you are in your 20s, 30s or beyond, you can reduce your risk of developing heart disease by making changes to your current lifestyle and educating yourself about heart disease,” states Diane Reinhold, registered dietitian, with the University of Illinois Extension.

The University of Illinois Extension will offer a three-part series, *Heart Healthy Living*, designed for anyone interested in preventing or managing heart disease. During each session, participants will learn about heart disease, heart healthy food choices, the importance of physical activity, as well as receive healthy and easy recipes.

Heart Healthy Living aims to improve your overall wellbeing. This program will compliment recommendations from your healthcare provider and help you and/or your loved one manage or prevent heart disease.

Classes will be held Thursdays, from 1:00 PM to 3:00 PM beginning February 13 and run through February 27, 2020 at the Senior Activity Center, 216 E. Stephenson Street, Freeport. There is a \$20 registration fee, which covers all three sessions. To register or for more information call our office at (815) 235-4125 or visit us online at go.illinois.edu/jsw. The deadline for registration is Monday, February 10, 2020. Space is limited, so enroll today.

Diane Reinhold is a University of Illinois Extension, Nutrition and Wellness Educator and registered dietitian. For more about upcoming programming on nutrition and wellness, visit go.illinois.edu/jsw or call 815-235-4125.



MENTAL HEALTH FIRST AID - YOUTH

8-hour Course

Saturday, January 25, 2020

Registration 7:30 a.m. – 8 a.m.

Training 8 a.m. – 4:30 p.m. (bring a sack lunch)

Freeport Public Library

100 E. Douglas, Freeport, IL 61032

REGISTRATION

To register, please mail completed form CONTACT of Northern Illinois
c/o Pam Werntz
P.O. Box 83
Freeport, IL 61032

Questions? Call Pam at 815-233-4357 or email contactofnil@gmail.com

Name: _____

Phone number: _____

E-mail address: _____

Occupation and employer name: _____

Brief description of why you're enrolling in the course: _____



MENTAL HEALTH FIRST AID - *Youth* *8-hour Course*

Friday, January 17, 2020

Registration 7:30 a.m. – 8 a.m.

Training 8 a.m. – 4:30 p.m. (Lunch provided)

Senior Resource Center

206 E. Stephenson St. Freeport, IL 61032

REGISTRATION

To register, please mail completed form with \$25 check made payable to Monroe Clinic:
Tammie Jamiska
Community Outreach Specialist
Monroe Clinic/SSM Health
515 22nd Ave. Monroe, WI 53566

Questions? Call Tammie @ 608-324-2639 or email tammie.jamiska@ssmhealth.com

Name: _____

Phone number: _____

E-mail address: _____

Occupation and employer name: _____

Brief description of why you're enrolling in the course: _____

Connect.....Help.....Hope



CONTACT Crisis Helpline
815-233-4357 (Help)

Help is just a phone call away!

Monroe Clinic

A Member of  SSMHealth.

MENTAL HEALTH FIRST AID TRAINING - *YOUTH*



You are more likely to encounter someone in an emotional or mental crisis than someone having a heart attack. Mental Health First Aid teaches a 5-step action plan to offer initial help to people with the signs and symptoms of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self help care. Anyone can take the 8-hour Mental Health First Aid course.

Friday, January 17, 2020

Registration 7:30 a.m. – 8 a.m.

Training 8 a.m. – 4:30 p.m. (Lunch provided)

Senior Resource Center

206 E. Stephenson St. Freeport, IL 61032

Presented by: CONTACT of
Northern Illinois

Monroe Clinic

A Member of  SSMHealth.