



NEWSFLASH



July 2, 2020

Inspired to Lead— Called to Serve

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Development
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Office Support
Assistant



Find us on
Facebook!

Good Afternoon 4-H Families,

In the famous words from Jim Carrey in *The Mask*, "It's SHOWTIME!" We kicked off our 2020 Virtual 4-H Shows with our Public Presentations contest, which are still in the process of being judged. Tomorrow is our deadline for our Clothing & Textiles, Candy-making, Decorated Cookies/ Cupcakes/ Cakes and Flower Arranging shows. As I have shared before, I am off tomorrow for the holiday, so I will not be available to answer questions or trouble-shoot if you have issues with entries. **PLEASE DO NOT WAIT UNTIL THE LAST MINUTE TO SUBMIT PROJECT ENTRIES!**

I have one family that has been uploading a video for each child for their dairy show each night because it is taking a half hour for each one to upload. This is a great idea!

Please be sure to keep checking the website for updated information! We are trying to keep everything in one place for our 4-H families. <https://extension.illinois.edu/events/2020-06-23-virtual-4-h-show-2020> Many of these files are too large for us to send in emails. I sent out the YouTube link to the Stephenson County-wide meeting we had on June 16 via email. Please let me know if you did not receive it.

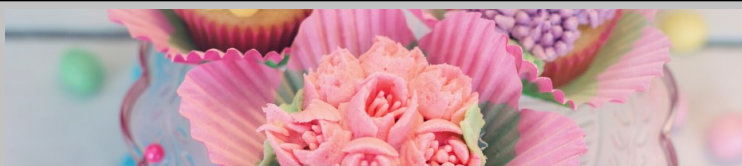
I look forward to seeing all the projects you have been working so hard on! Also, remember we are having a contest for you to design our 2020 Virtual 4-H Shows t-shirts. That deadline is Aug. 3rd! Best of luck!

~Becky Gocken

IT'S SHOWTIME PEOPLE



LET'S DO THIS!



STEPHENSON COUNTY 4-H VIRTUAL SHOWS
JULY 3, 2020



**4-H CLOTHING & TEXTILE,
CANDY MAKING,
DECORATED COOKIES/ CUPCAKES/ CAKE &
FLOWER ARRANGING CONTESTS**



Best wishes on your virtual shows!



Extension expands programming, continues virtual 4-H shows in August

July 01, 2020

URBANA, Ill. – University of Illinois Extension will allow staff and volunteers to resume limited in-person gatherings in August, consistent with the public health and safety guidelines outlined in Phase 4 of the [Restore Illinois](#) plan. While long-term solutions to managing the coronavirus are in development, [Illinois Extension](#) will continue delivering programming—both virtual and in-person—that supports families, businesses, and communities across the state.

Effective Aug. 1, in-person events for groups of up to 10 people may resume, with group limits expanding up to 25 on August 16. All program participants and staff will be required to practice social distancing measures, including wearing a face covering.

While small group activities may resume, larger Illinois Extension events will continue in a virtual format. All 4-H general project and 4-H livestock shows and exhibitions scheduled through August 31 will move online to a virtual exhibition platform called FairEntry. All overnight camps are also canceled through the end of August.

“We know that many of our 4-H members and their families have felt the loss of the in-person 4-H shows that are such an iconic part of summertime in Illinois,” says Lisa Diaz, assistant dean and director of Illinois 4-H. “But early feedback from our families who have participated in a virtual 4-H show already this summer is that it’s still a great learning opportunity that provides a showcase experience for 4-H members.”

Over the course of the fall, Illinois Extension will continue a phased return to in-person programming to ensure that proper safety protocols, space management plans, and public health requirements are fully adopted by the organization. To learn more about upcoming events and activities, visit <https://extension.illinois.edu/global/events>.

SOURCE: [Tony Franklin](#), Associate Director, Illinois Extension

WRITER: [Samantha Koon](#), Communications Director, Illinois Extension

STEPHENSON COUNTY 4-H UPDATES

Stephenson County 4-H General Projects 2020 Virtual Show!



Finish up those non-livestock projects
and upload your photos or slideshow
and project report to Fair Entry!
For more information visit
go.illinois.edu/jsw.

Deadline is July 8, 2020!

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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 making 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.

Virtual Fair T-Shirt Contest

LET YOUR CREATIVITY SHOW

2020 has been such a crazy year but that doesn't mean that we can't celebrate it! Stephenson County 4-H will be giving away a commemorative t-shirt to all 2020 Virtual 4-H Fair participants and I need YOUR help designing one. This will be a front t-shirt design and no color has been chosen yet.

Please email your design to [Becky @ rgocken@illinois.edu](mailto:Becky@rgocken@illinois.edu)

WHAT DO YOU NEED TO DO?

- Submit a t-shirt design.
- Will have 2 ink colors allowed (green and either black or white).
- Must use a 4-H clover in the design (must use the official clover with the copyright #).
- Must use 2020, County Name, and 4-H Virtual Fair.
- Must come up with a hashtag
- Must be saved and submitted as a jpeg, gif, tiff, or png.
- You may use free t-shirt design website, canva, or anything else to help you.
- Include your name, club, and age in the email along with your attachment.

Email your Design by August 3.



STEPHENSON COUNTY IMPORTANT DATES TO REMEMBER

JULY 2020

- 3 4-H Stephenson County Clothing & Textiles- Submission Deadline
- 3 4-H Candy Making Shows- Submission Deadline
- 3 4-H Cake Decorating, Cookie Decorating- Submission Deadline
- 3 4-H Flower Arranging Contest-Submission Deadline
- 3 Extension Office Holiday for Staff
- 8 **General Projects Submission Deadline**
- 11 Stephenson County 4-H Dog Show– Video Submission Deadline
- 20 4-H Crops, Cooking, Cloverbuds Projects Submission Deadline
- 21 4-H Livestock Submission Deadline
- 26 4-H Stephenson County Horse Show Video Submission Deadline

AUGUST 2020

- 14 Stephenson County State Fair Virtual Show
- 29 State 4-H Dog Show– Video Submission

SEPTEMBER 2020

- 11-12 Stephenson County 4-H and Extension Foundation Cub Foods Brat Stand Fundraiser

ENTER TO WIN IF YOU HAVE PARTICIPATED IN
A 4-H STEM PROGRAM

WIN A TELLO DRONE!

JUST FOLLOW THIS LINK AND COMPLETE A 2-MINUTE SURVEY

FOLLOW THE LINK THAT APPEARS AT THE END OF THE SURVEY TO ENTER
THE DRAWING WILL TAKE PLACE LIVE ON MONDAY 7/6/20 AT 11AM ON
THE ILLINOIS 4-H YOUTUBE CHANNEL

[https://go.illinois.edu/
CSLessThan6](https://go.illinois.edu/CSLessThan6)

O para español:
[https://go.illinois.edu/
CSLessThan6Es](https://go.illinois.edu/CSLessThan6Es)

Use this link if your STEM
program lasted 6 hours or more
[https://go.illinois.edu/
CS6Plus](https://go.illinois.edu/CS6Plus)

O para español:
[https://go.illinois.edu/
CS6PlusEs](https://go.illinois.edu/CS6PlusEs)



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STATE 4-H INFORMATION:



The 4-H Everyday Sportsman's Skills Challenge is currently underway and runs continuously until July 15, 2020. Interested 4-H Members are presented with three sportsman's skills at a time which they learn by viewing suggested videos. Once they've mastered the skills, they contact their 4-H leader or 4-H staff person to communicate what they've learned. Each skill level mastered gets the 4-H member entered into a drawing for a high quality multi-tool sponsored by Illinois Pheasants Forever. Click here for details:

<https://4h.extension.illinois.edu/events/4-h-everyday-sportsmans-skills-challenge>



ILLINOIS 4-H STATE LIVESTOCK JUDGING CONTEST

JULY 16, 9A.M. - JULY 17, 5P.M.
REGISTER BY JULY 13

Held Virtually Via
LivestockJudging.Com

REGISTER AT
[HTTPS://GO.ILLINOIS.EDU/STATEJUDGING](https://go.illinois.edu/statejudging)

Contest Details

- Juniors 8 - 14, Seniors 15 - 18 years of age as of January 1st.
- Questions on 3 classes
- 3 sets of reasons for Senior division only
- Senior and Junior division teams made up of 4 individuals - Judge 4 individuals and count the top 3 individuals.

Send Questions to
Dan Jennings at
djjennin@illinois.edu

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4-H FAMILY LEARNING CHALLENGE



ILLINOIS Extension
Illinois 4-H FOUNDATION

JOIN US FOR THE FUN 4-H FAMILY LEARNING CHALLENGE!

Have fun, find new hobbies, try new things, get some 4-H swag, and grow closer as a family in this work at your own pace challenge!

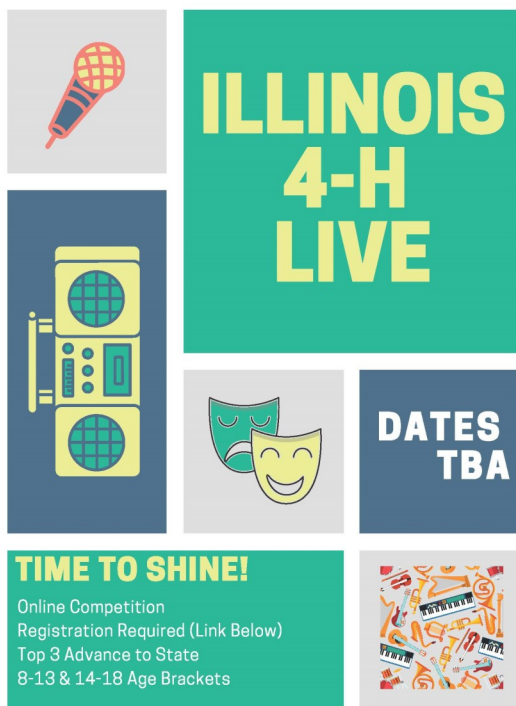
Learn how to: Program a simple computer game, research your family history, bake some AMAZING bread, create a business plan, give back to the community, and so much more!

After you finish all nine challenges, you will have nine 4-H projects that you can enter in the show! Plus, if you complete all the

challenges by the end of July, you will receive an **AWESOME 4-H Swag Bag** (while supplies last!) sponsored by the State 4-H Office and the Illinois 4-H Foundation! So what are you waiting for? Sign up, share with your friends, and let's have some fun!!

SIGN-UP AT: go.illinois.edu/FamilyChallenge

STATE 4-H INFORMATION:



The graphic for 'ILLINOIS 4-H LIVE' features a microphone icon, a radio, a green background with the text 'ILLINOIS 4-H LIVE', a blue box with 'DATES TBA', a green box with 'TIME TO SHINE!' and details about an online competition, and a collage of tools.

**ILLINOIS
4-H
LIVE**

**DATES
TBA**

TIME TO SHINE!
Online Competition
Registration Required (Link Below)
Top 3 Advance to State
8-13 & 14-18 Age Brackets

REGISTER HERE: [HTTPS://GO.ILLINOIS.EDU/ILLINOIS4-HLIVE](https://go.illinois.edu/illinois4-hlive)

4-H LIVE

Despite a global pandemic, Illinois has not stopped doing amazing things. Illinois 4-H LIVE is an opportunity for young people to be highlighted and recognized for their talent, skill & passion for the creative and performing arts. U of I Extension staff will establish regional competitions online, allowing top performers from around the state to compete in an online statewide showcase in the Fall of 2020. This showcase will provide an opportunity to recognize the achievements of Illinois youth and celebrate the importance of sharing art and creativity during difficult times. Fall dates for Regional 4-H LIVE competitions will be released soon. For more information, contact Mark Becker (mbbecker@illinois.edu)

ILLINOIS 4-H OPEN SOURCE AG

With the generous support of the BRANDT Corporation, Illinois 4-H is entering into the initial phases of a new program where youth can get hands-on experience with cutting edge Ag Technologies. With the support of U of I and our business partners, youth will have the opportunity to work directly with a team of specialists in the State Office as well as collaborate with U of I Undergraduate students. Thanks to the help of our student interns from the Crop Science department, we are nearing the completion of our first FarmBot prototype on campus at the Student Sustainable Farm. If you know a young person interested in innovative applications for technology in agriculture, please contact Mark Becker, Illinois 4-H Food Systems Specialist for more details at mbbecker@illinois.edu.



4-H VOLUNTEER CAFÉ CONVERSATIONS!



We are so excited to announce a new series Illinois 4-H will be launching in August, 2020. Be on the lookout for updates on the **4-H Volunteer Cafe Conversation** series. This will be an opportunity for volunteers across Illinois to meet and chat with volunteers to discuss timely topics, share ideas, and access tools & techniques to support 4-H club and member learning experiences. We will be posting topics and dates on the Illinois social media and email!

STATE 4-H INFORMATION:

TRUE LEADERS IN SERVICE TIMELINE

EXTENDED TO JULY 31, 2020!



4-H members and clubs have been engaged in amazing The **True Leaders in Service**, designated day of service may have passed however we are asking Illinois 4-H Clubs to keep the momentum going as they continue to focus on the 4th "H" and pledge their HANDS to larger service! Even though Illinois has moved into the Phase 3, the *Recovery* stage of the COVID-19 response, communities are still in need of support. **To meet**

this need we are extending the timeline for 4-H Clubs to go through July 31, 2020!

Illinois 4-H'ers have been collaborating virtually as they collected and donated food to stock the shelves at local food pantries experiencing greater needs; making cards, videos, and encouraging yard signs to support vulnerable populations including shut-ins and senior center residents; and they have put their sewing skills to work as they made face masks which were distributed at medical facilities; local businesses; and in communities.

Find resources and the link to register your plan for service outreach at <https://4h.extension.illinois.edu/clubs>. The goal of the 4-H True Leaders in Service outreach 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 is your time to make a difference!

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ILLINOIS 4-H ALUMNI ASSOCIATION

**LET'S BUILD
A 4-H ALUMNI
NETWORK**



Facebook Group - <https://www.facebook.com/groups/il4halumni/>



Linked In - <https://go.illinois.edu/LinkedIn4HALumni>



Instagram - #il4halumni



Twitter - <https://twitter.com/IL4halumni>

WHAT'S HAPPENING AT THE EXTENSION:

**MAKE CHANGES
THAT MATTER**

**SUMMER SELF-CARE
series**



**I
ILLINOIS**

IHSI | Interdisciplinary Health Sciences
Institute & University of Illinois Extension

Join University of Illinois Extension and Interdisciplinary Health Sciences Institute for a series on self-care. Choose any sessions of interest. Each session begins at noon CDT and runs for one hour. These sessions are FREE, but registration is required.

If you need a reasonable accommodation to participate in any of these programs, please contact Chelsey Byers at clbyers@illinois.edu. Early requests are strongly encouraged to allow sufficient time for meeting your access needs.

Continuing Education Units are available through the Continuing Education Institute of Illinois. One may purchase CEUs for each session by paying at geroed.com.

July 7- Training Your Immune System: Outlining the Effects of Exercise on Immune Function Training

In the wake of a pandemic, immune health has become of large public health concern as of late. There is evidence that suggests exercise can be used strategically to enhance multiple aspects of immune function. Join me as we outline effective ways to use exercise as an additional tool in your prophylactic repertoire.

Commercial AG WEBINAR

JULY 8
CORN DISEASE

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Foliar and stalk diseases on corn-scouting, identification, and management will be discussed at the July 8 commercial ag webinar.

This webinar is scheduled for
3 p.m.

To register, visit: [https://
extension.illinois.edu/
events/2020-07-08-commercial-
ag-webinar-foliar-and-stalk-
diseases](https://extension.illinois.edu/events/2020-07-08-commercial-ag-webinar-foliar-and-stalk-diseases)



GARDENING QUESTIONS?

Our Master Gardener Helpline is open and ready to help. Fill out our [online form](#) to help us serve you better

Missed a Webinar? visit our [Youtube channel](#) for recorded webinars



Living Carpets: Ground Covers

July 14 - 1:30 PM

Learn some new options for ground cover, including plants that you may not think of, to create these living carpets.

Training Your Immune System: Effects of Exercise

July 7 - Noon

Learn effective ways to use exercise as an additional tool in your prophylactic repertoire.

Make Your Habits Stick: Establish Lasting Behavior Changes

July 14 - Noon

Learn what the science says regarding scaling adherence to your current level of preparation and how to apply it to common frustrating areas: diet and exercise.



Fill Your Pantry Webinar Series Wednesdays, June 3rd-July 22nd 1-2pm CST



Canning Jams & Jellies - July 1 - Learn how to make these sweet spreads at home.

Pickling Foods At Home - July 8 - Learn basic pickling information on basic pickling methods using the latest scientific methods to ensure food safety.



Commercial Ag: Foliar and Stalk Diseases-

July 8 - 3:00 PM

Dr. Nathan Kleczewski, Illinois crop science assistant professor, discusses diseases to watch for and how to go about scouting, identification, and managing these diseases.

Rural Resilience: Farm Stress Training

July 14 - 1:00 PM OR July 28 - 5:00 PM

Learn to recognize the signs and symptoms of stress and suicide, effectively communicate with people under stress, reduce stigma related to mental health concerns, and connect farmers and ranchers with resources.

ADDITIONAL RESOURCES Information for everyday use

Get Growing: Mid-season potato update

Weed's wily ways explained in Illinois research

Like antibiotic-resistant bacteria, some herbicide-resistant weeds can't be killed by available chemicals.

Zoom Into Discovering Your Story: Genealogy

The whole family can enjoy the process of learning, journaling, documenting, and scrapbooking the past and present.

University of Illinois Extension provides equal opportunities in programs and employment.
if you need a reasonable accommodation to participate, email us at ule-jsw@illinois.edu

WHAT'S HAPPENING AT THE EXTENSION CONTINUED:

SCHEDULE DOESN'T ALLOW YOU TO JOIN ONE OF OUR WEBINARS?

CHECK US OUT ON YOUTUBE

Many of our webinars are recorded and available to view on your schedule.



This week on Get Growing, we're talking potatoes: what happens when a potato plant flowers, when you can start to harvest new potatoes, and growing potatoes in containers- which can still be planted in the next couple of weeks for a fall harvest.

<https://youtu.be/z-NKDrRorQg>



GARDENING/LAWNCARE/
PERENNIALS/ANNUALS/TREES
& SHRUB QUESTIONS?

MASTER GARDENER HELPLINE

Our Helpline is "open for business" visit our website to submit a question or leave us a message at:
815-858-2273 - Jo Davies
815-235-4125 - Stephenson
815-986-4357 - Winnebago

Go.Illinois.edu/MGHelpline