



# NEWSFLASH



February 21, 2020

*Inspired to Lead— Called to Serve*

**Stephenson County**  
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[go.illinois.edu/jsw](http://go.illinois.edu/jsw)

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



Good afternoon 4-H families,

Thank you to those 33 participants that attended the instructor-led YQCA training last Tuesday at the Freeport Public Library! If you are showing beef, dairy, goats, sheep or swine, you **MUST** take this mandatory training by June 1st (see the green box on page 5 for details).



Super Saturday registration is open through March 1st! We have a lot of sessions still with openings so be sure to register early to get the slots you want! Click on the picture to register! You do not have to be in 4-H to attend, so bring a friend!

We also have registrations open for Science Siesta at the Discovery Center in Rockford in March and April and 4-H Camp (which the price increases after March 1st).

Please let me know if you are planning to attend the Dog Class kick-off meeting in March! I have only heard from one participant at this time.

Have a wonderful weekend! Please email or call me if you have any questions or concerns!

~Becky Gocken

Thank you to those that braved the snow to learn CPR & AED on Sunday, February 9th! This is such an important skill to know!



Find us on  
Facebook!



# Super Saturday

Stephenson County 4-H & Youth Development



Saturday, March 7, 2020



9 a.m. to 11:45 a.m.

Highland Community College (Bldg. R)  
2998 W. Pearl City Road, Freeport.

## Workshop Sessions Include:

- Making a Step- Stool
- Planting a Mini-Succulent Garden
- Constructing a Robot
- Naming Your Own Disease
- Learning How to Show Livestock
- Learning Public Speaking Skills
- Creating Healthy Snacks
- Making a Meal in a Mug
- Making Friendship Bracelets
- Decorating Cupcakes
- Making Cloud Slime
- Visiting an Ambulance

Register today at [go.illinois.edu/jsw](http://go.illinois.edu/jsw)

We even have activities specifically for our Cloverbuds!

Super Saturday is \$9 for ages 8 -18 years of age, \$4 for ages 5-7.

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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! We are looking for people to monitor sessions for any presenter needs and help with transition times between sessions.



# Science Siesta

## 4TH-6TH GRADE

### BOYS:

FRIDAY, MARCH 13 @ 5 P.M. UNTIL  
SATURDAY, MARCH 14 @ 8:30 A.M.

REGISTER AND PAY ONLINE AT:

[GO.ILLINOIS.EDU/BOYSSCIENCESIESTA](http://GO.ILLINOIS.EDU/BOYSSCIENCESIESTA)

### GIRLS:

FRIDAY, APRIL 3 @ 5:00 P.M. UNTIL  
SATURDAY, APRIL 4 @ 8:30 A.M.

REGISTER AND PAY ONLINE AT:

[GO.ILLINOIS.EDU/GIRLSSCIENCESIESTA](http://GO.ILLINOIS.EDU/GIRLSSCIENCESIESTA)

## FEE: \$40

GET A COOL T-SHIRT, LOTS OF FOOD,  
OVERNIGHT IN THE MUSEUM, AND LOTS OF FUN!

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If you need a reasonable accommodation  
to participate in this program, please contact the DeKalb County  
Extension  
Office at 815-758-8194.  
Early requests are strongly encouraged  
to allow sufficient time for meeting your access needs.



SPEND A NIGHT AT THE DISCOVERY  
CENTER CHILDREN'S MUSEUM IN  
ROCKFORD, IL

LEARN ABOUT:  
DRONES  
MONARCHS ON THE MOVE  
OR  
ROCKETS TO THE RESCUE

**AND**

MEET REAL SCIENTISTS

# STEPHENSON COUNTY 4-H INFORMATION

## NORTHERN ILLINOIS 4-H SUMMER CAMP

ILLINOIS  
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COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES



JUNE 8-12

ROCK RIVER CHRISTIAN  
CAMP  
POLO, IL



COME JOIN THE FUN

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

[GO.ILLINOIS.EDU/4HSUMMERCAMP](http://GO.ILLINOIS.EDU/4HSUMMERCAMP)

## *4-H Ambassadors Visit Elliott Graphix*

On Monday, February 17th, Stephenson County 4-H Ambassadors learned the process of silk-screening their own, original-design Ambassador t-shirts at Elliott Graphix! We would like to extend our appreciation to Brendan Cater and Josh Elliott for hosting!





## 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 in any other Illinois county for \$3 per member, or on your own for \$12 per member. The list of dates and times offered by other counties is available when you sign in to pre-register on the website (upper right corner- Find a Training).

<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!**

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

Please email or call Becky if you are interested!

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

Last night we attended the regional spelling bee for 5th through 8th graders. There were 2 kids from each school in Stephenson, Jo Daviess and Carroll counties, these kids have to win over at least 200 kids in their own school to go to the Regionals. Top place advances to the spelling bee in Washington DC. So last night's top 3 finishers were all 4-Hers! And there were some familiar 4-H faces in the other competitors too!

First place Evan Trone- Warren  
Runner up- Ella Gunderson - Eastland  
3rd place Dawson Stache-Dakota

Just thought I'd share good news!  
Polly



# 4-H Dog Class Schedule 2020

**Kick Off Meeting: March 25, 2020 at 6:30 p.m. at  
Extension Office, Room 153**

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.



May 20  
May 27  
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).

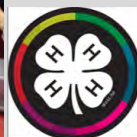
**The 4-H Dog Show is Saturday, July 11, 2020 at 9:00 a.m.  
Foresight Commerical Building.**

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.



## Lena Lucky Clovers

The Lena Lucky Clovers February meeting was held on February 7th, 2019. Rachel Young called the meeting to order at 6 pm. The secretary report was read by Maddie Young And the treasurers report by Kolby Kearns. The Pork Chop Dinner was discussed, and members were encouraged to sell tickets and sign up to work. We were also informed when the beef weigh in takes place, the fair dates and Super Saturday. Another important subject was the new YQCA training and what goes along with that. This months meeting was also our Hands on Night, Which all the kids enjoy. It entails of a potluck, and 5 different stations where the kids could participate in and make different projects. Our next meeting is Tuesday, March 3, at the Winslow Community Center



## Lena Live Wires

Alonnah taught us how to make edible, robot Valentines. And we also made Valentine cards for patrons of the Friendship Center.



# STEPHENSON COUNTY IMPORTANT DATES TO REMEMBER

## FEBRUARY 2020

- 22 9:30 a.m. **Let's Paint! Workshop at Jelly Art Studio, Freeport (pre-registration required)**  
22-23 Junior Leadership Conference, Effingham  
29 9-3 p.m. Camp Counselor Training- Rockford (tentative)



## 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  
15 Fair Entry Opens for Public Speaking & Demonstrations  
25 6:30 p.m. Dog Classes Kick-Off Meeting, HCC, Room 153

**Stephenson County Fair**

is

**July 21-25!**

**General Projects Day is**

**July 8th!**

## 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  
18 9-3 p.m. Camp Counselor Training, Stephenson Co. Ext. Office, Freeport  
19 11-2 p.m. 13<sup>th</sup> 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  
25 Rabbit, Goat & Poultry Clinic, Stephenson County Fairgrounds

## MAY 2020

- 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**  
1 **Ownership deadline: Beef Heifers, Beef Bucket Calves, Dairy Goat Kids, Dairy Goat Yearling (not in milk), \*ALL Pygmy Goats, Dairy Calves & Heifers, All Poultry, Rabbit & Cavies (No paperwork to Ext. Office)**



# STEPHENSON COUNTY IMPORTANT DATES TO REMEMBER

## JUNE 2020

<b>1</b>		<b>Dog lease/ ownership deadline due to Ext. Office</b>
3, 10, 17, 24	6 p.m.	Dog Class, Stephenson Co. Fairgrounds, Foresight Commercial Bldg.
<b>8-12</b>		<b>4-H Camp, Rock River Christian Camp, Polo, IL</b>
14		2020 Northern Illinois 4-H Horse & Pony Show, Stephenson County Fairgrounds, Freeport
19	9-2:30 p.m.	Babysitting Clinic, Pearl City Park District
20		Stephenson County Ag Breakfast
20	9:00 a.m.	2020 Western Illinois 4-H Horse Show, Monmouth, IL

## 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
3	1-1:30 p.m.	4-H Candy Making Shows, Highland Community College
3	1:30-3:30 p.m.	4-H Cake Decorating, Cookie Decorating, Highland Community College
3	2:30 p.m.	4-H Flower Arranging Contest, Highland Community College
4		Extension Office closed for Independence Day
<b>8</b>	<b>9 a.m.</b>	<b>General Projects Day</b> , Stephenson County Fairgrounds, Foresight Commercial Bldg.
8	6 p.m.	Dog Class, Stephenson County Fairgrounds, Foresight Commercial Bldg.
10	6 p.m.	Dog Class, Stephenson County Fairgrounds, Foresight Commercial Bldg.
11	9:00 a.m.	Stephenson County 4-H Dog Show, Stephenson County Fairgrounds, Foresight Commercial Bldg.

## JULY

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
<b>21-25</b>		<b>Stephenson County Fair</b>

## STEPHENSON COUNTY IMPORTANT DATES TO REMEMBER

### JULY

#### 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	9:30 a.m.	4-H Goat Show, Goat Show Ring
21	9:30 a.m.	4-H Dairy Show, Dairy Show Ring
23	6:00 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



## STATE 4-H CONTESTS:

### STATE 4-H DAIRY QUIZ BOWL

**February 29 | East Peoria | 11 AM – 5 PM**

**Register at your county Extension office before February 14.**

Be the first to buzz in with the answers to questions all about the dairy cattle industry. You'll have fun competing with friends as teams of four who share your interest in dairy cattle. Competing as an individual? No worries, we'll find a partner for you. Register the day of the event prior to the 11:30 kick off test. The contest will be held at the Embassy Suites, East Peoria Riverfront Hotel & Conference Center, 100 Conference Center Drive, East Peoria. The State 4-H Dairy Quiz Bowl team will be selected from the eligible 4-H members (15-18) participating at this state contest. **Learn more online @ [go.illinois.edu/4Hdairy](http://go.illinois.edu/4Hdairy).**

### STATE 4-H HORSE JUDGING CONTEST

**February 29 | 11 AM**

**Black Hawk College | Galva, IL**

**Registration cards must be signed by Extension staff**

In 4-H, learning about horses means much more than learning to ride. The State 4-H Horse Judging Contest will be held Saturday, February 29 at Black Hawk College. Registration begins at 11 AM, with the contest following at noon. Youth will judge six classes of horses, at least two being halter classes. Youth 14 years of age and older may also choose to participate in oral reasons following the classes. For those not participating in the oral reasons class, one question class will be required. **Learn more online @ [go.illinois.edu/4Hhorsejudging](http://go.illinois.edu/4Hhorsejudging).**

### STATE 4-H HORSE HIPPOLOGY CONTEST

**April 18 | 8 AM**

**David Kinley Hall | University of Illinois at Urbana-Champaign**

**You must pre-qualify at the regional contest to be held April 4 at Knoxville High School**

Take your love of horses to a new level and compete in the State 4-H Hippology Contest. There are several phases in this horse-related contest: written test, horse judging, station identification, and problem solving. Cost is \$5 per person. **Learn more @ [go.illinois.edu/4Hhippology](http://go.illinois.edu/4Hhippology).**

### STATE 4-H HORSE BOWL CONTEST

**April 19 | 8 AM**

**Education Building | University of Illinois, Urbana-Champaign**

**You must pre-qualify at the regional contest to be held April 4 at Knoxville High School**

There are several ways to learn about horses, and you don't even need a horse! This contest operates very similar to scholastic bowls at school, with all the questions related to the horse industry! Cost is \$5 per entry or \$25 per team. **Learn more @ [go.illinois.edu/4Hhorsebowl](http://go.illinois.edu/4Hhorsebowl).**



## STATE 4-H INFORMATION:

### STATE 4-H HORSE SPEAKING CONTEST

**April 18 | David Kinley Hall, University of Illinois, Urbana-Champaign | 10 AM**

Any 4-H members may participate. No pre-qualifying is needed, but you must register at the Extension office by mid-March. Cost is \$3 per entry. You'll share ideas with others as you develop the ability to speak in public about the horse industry and the 4-H Horse project. Learn more @ [go.illinois.edu/4Hhorsespeaking](http://go.illinois.edu/4Hhorsespeaking). There are 5 divisions

- **Original individual formal speech**
- **Original individual presentation:** either demonstration (step by step process) or illustrated talk on an idea or topic; both use visual aids.
- **Original team presentation:** either demonstration (step by step process) or illustrated talk on an idea or topic; both using visual aids.
- **Extempore speaking:** topic is selected at the event and participants have 25 minutes to prepare a 4- to 6-minute speech.
- **NEW IN 2020: Interpretive Reading** is the art of reading aloud from a printed page. The reading must be published works that are horse-related. They may be prose, poetry, short stories, play cuttings, narratives, book or review, or theatrical. You should NOT memorize; they are intended to be read from a page.

### Tell Your 4-H Story

**March 21 | 9 AM – 3 PM**

**Whiteside County Extension Office in Sterling  
Shawnee Community College in Ullin**



We're looking for 4-H members interested in spreading the great news about 4-H. 4-H members 14 years of age or older can join the *Speaking for Illinois 4-H* team. There will be two trainings on **Saturday, March 21**. The Northern training will be held at the Whiteside County Extension Office in Sterling. The Southern training will be held at Shawnee Community College in Ullin.

The training, provided by the Illinois State 4-H Youth Leadership Team, gives you the chance to explore your own 4-H history and why you are involved and put that story into words. Learn the best ways to approach donors, civic groups, elected officials, and others to talk about 4-H. Learn why 4-H believes in Positive Youth Development and how we emphasize the essential elements of Belonging, Independence, Generosity and Mastery. All of this – and more – is a part of *Speaking for Illinois 4-H*! Once you're trained, you'll receive an invitation to be a part of our Legislative Connection events at the State Capitol this spring.

### 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](http://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:

### 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.

### State Robotics Challenge

May 9

**McLean County Fairgrounds | Bloomington**

The state's robotics clubs are encouraged to register for the 2020 Robotics Competition May 9 at the McLean County Fairgrounds. Entry fee is \$20 per team and due at registration.

Register at [go.illinois.edu/4HR2020](http://go.illinois.edu/4HR2020) before March 31.

Download the challenge at

[go.illinois.edu/2020CHALLENGE](http://go.illinois.edu/2020CHALLENGE).

Watch the video at [youtu.be/IEAv1USEGS8](https://youtu.be/IEAv1USEGS8).

### 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](mailto:rosenbohm07@comcast.net) or Elisha Hughes @ [ehugh2@illinois.edu](mailto: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](http://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](mailto: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](http://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

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

### 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!

**Get your Clover at JOANN stores:** Between March 1 and April 30, you can donate to 4-H at your local JOANN store.

### 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.

### 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.

## 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](http://go.illinois.edu/4Hlivestock).

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

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

#### 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 by June 1 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 and must be completed by June 1.

#### We're Going to the Capitol

March 4-5 & May 6-7 | Springfield

Illinois 4-H members who have completed *Speaking for Illinois 4-H* training and participated in the annual updates are invited to participate in **Legislative Connection** at the State Capitol in Springfield. There are four days in 2020: March 4&5 and May 6&7. All youth who have completed *Speaking for Illinois 4-H* training or complete one of the upcoming training opportunities will receive registration information through an email invitation.



## 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](http://go.illinois.edu/illini4H). Registration opens March 16 and closes April 17.

Apply for a scholarship @ [go.illinois.edu/illini4Hscholarship](http://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 10<sup>th</sup> grade. No repeat students from last year.
- **WORK HARD, PLAY HARD.** College: Applied Health Sciences. Cost: \$280.



## STATE 4-H INFORMATION:

### Important Dates for 2020 Illinois State Fair Junior Show

Active 4-H members who are 8 to 18 years of age (9/1/19) are eligible to exhibit in the Illinois State Fair Junior Show. Youth older than 18 may exhibit if active FFA alumni. Below is the tentative schedule for the junior livestock show. Check the Illinois State Fair website for any updates.

#### ARRIVAL TIMES

**BEEF:** Performance Cow/Calf must be in place by noon on 8/11

**BEEF:** Heifers must be in place by noon on 8/11

**BEEF:** Steers must be in place by 8 PM on 8/11

**DAIRY:** must be in place by 5 PM on 8/18

**GOATS:** Meat Goats must be in place by noon on 8/12

**GOATS:** Dairy Goats must be in place by 8 AM on 8/16

**GOATS:** Pygmy Goats must be in place by 11 AM on 8/21

**SHEEP:** Market Lambs must be in place by 8 PM on 8/13

**SHEEP:** Breeding Sheep must be in place by 9 PM on 8/15

**SWINE:** Gilts must be in place by 8 AM on 8/12

**SWINE:** Barrows must be in place by 8 AM on 8/13

**POULTRY:** must be in place by 9 AM on 8/17

**RABBITS:** Meat pens must be in place by 9 AM on 8/17

**RABBITS:** All others must be in place by 3 PM on 8/21

#### SHOW TIMES

**SUPERIOR YOUNG PRODUCER CONTEST BEEF/SHEEP/SWINE:** 7 PM on 8/12

**SUPERIOR YOUNG PRODUCER CONTEST DAIRY:** 8:30 AM on 8/22

**MASTER SHOWMANSHIP:** 7:30 PM on 8/14

**BEEF:** Showmanship: 1 PM on 8/12

**BEEF:** Performance Cow/Calf: 8:30 AM on 8/13

**BEEF:** Heifers: AOB, Charolais, Chianina, Hereford, Polled Hereford, Maine Anjou, Maintainer: Time TBA on 8/13

**BEEF:** Heifers: Angus (at 8:30 AM), Limousin, Shorthorn, Shorthorn Plus, Simmental, %Simmental: on 8/14 (other breed times TBA)

**BEEF:** Steers: 8:30 AM on 8/15

**DAIRY:** Brown Swiss: 9 AM on 8/19

## STATE 4-H INFORMATION:

### Important Dates for 2020 Illinois State Fair Junior Show

**DAIRY:** Holstein: 1 PM on 8/19

**DAIRY:** Guernsey: 9 AM on 8/20

**DAIRY:** Ayrshire: 1 PM on 8/20

**DAIRY:** Milking Shorthorns: 9 AM on 8/21

**DAIRY:** Jersey: 1 PM on 8/21

**GOATS:** Breeding Meat Goats: 8 AM on 8/14

**GOATS:** Wether Meat Goats: after breeding show on 8/14

**GOATS:** Market Meat Does: after wether show on 8/14

**GOATS:** Dairy Goats: 9 AM on 8/16

**GOATS:** Pygmy Goats: 8:30 AM on 8/22

**SHEEP:** Market Lambs: 8 AM on 8/15

**SHEEP:** Breeding Sheep: 8 AM on 8/17

**SWINE:** Showmanship: 5 PM on 8/13

**SWINE:** Gilts: 7:30 AM on 8/14

**SWINE:** Barrows: 7:30 AM on 8/15

**POULTRY:** 10 AM on 8/17

**RABBITS:** Meat Pens 10 AM on 8/17

**RABBITS:** All Others 9 AM on 8/22

#### RELEASE TIMES

**BEEF CATTLE:** released after 5 PM (or after all steer classes have shown) on 8/15

**DAIRY CATTLE:** released after 4 PM on 8/22

**MEAT GOATS:** released after the meat goat show on 8/14

**DAIRY GOATS:** released after the dairy goat show on 8/16

**PYGMY GOATS:** released after the pygmy goat show on 8/22

**MARKET SHEEP:** released after the market show on 8/15

**BREEDING SHEEP:** released after the breeding show on 8/17

**SWINE:** released after the barrow show on 8/15

**POULTRY:** released after the poultry show on 8/17

**MEAT PEN RABBITS:** release after the show on 8/17

**ALL OTHER RABBITS:** release 8/23

# SFI4-H

## Speaking for Illinois 4-H

**SATURDAY, March 21 – Whiteside County Extension Office**  
**9:30 A.M. Registration; 10:00 A.M. - 3:00 P.M. Training**



The Illinois State 4-H Youth Leadership Team has designed *SFI4-H* to train 4-H members in advanced presentation skills and business etiquette to effectively promote the University of Illinois Extension 4-H Youth Development Program. The ultimate goal is to create a team of polished teen speakers across the state that can speak to civic groups, potential donors, and elected officials on the local, state, and federal level. Whether the topic is recruitment of potential 4-H volunteers, fund-raising, or budgets, we need 4-H members who are trained and qualified to share the 4-H vision and get the job done!



Current 4-H members, ages 14-18, *should let their local Extension office know* that they wish to register for the training. Training will focus on building a variety of presentation skills and help the member tell their 4-H Story in the most effective way possible to share with elected officials, donors, civic groups and similar audiences.

**Youth must register on-line for training by March 13 for the March 21 training.**

The application requirement has been removed so the only documentation we need is the photo release form as well as the online registration. Registration for the training is \$12.00 to cover the cost of lunch.



**Registration is now open!**

Registration must be completed on-line:

<https://web.extension.illinois.edu/registration/?RegistrationID=21680>

**Help Your Local and State 4-H Program**  
**Join the *SFI4-H* Team!**

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## 19th Annual 4-H Day with the St. Louis Cardinals

### Order tickets by March 23

Illinois and Missouri 4-H members, parents, volunteers and alumni will gather at Busch Stadium on Saturday, May 9, 2020 for the 19th annual 4-H Day with the Cardinals. The reigning East Central Division Champion Cardinals will be playing the New York Mets in a 1:15 p.m. game. Tickets for the game will be \$28.00 each and includes a specially designed t-shirt featuring the 4-H Clover on the back and the Cardinals emblem on the front.

4-H members, leaders, alumni, and their families who purchase 4-H Day with the Cardinals tickets will have the opportunity to participate in a parade around the Busch Stadium outfield. Pre-game ceremonies will include a recitation of the 4-H pledge and ceremonial first pitches by an Illinois and Missouri 4-H member. As added bonus the Cardinals give-away item for the game is an adult mystery player alternate blue jersey. The first 30,000 fans age 16 and older will receive either a Mikolas, DeJong, or Flaherty jersey.

Tickets for the event must be ordered through the Missouri 4-H Online system and paid for with a debit/credit card. Ticket orders must be completed by March 23! Tickets often sell out before the order deadline so families are encouraged to order early. 4-H Clubs, counties, or groups of families who would like to be seated together must submit one order!

Illinois 4-H families, alumni, and others will follow the [instructions](#) for those who are “not a Missouri 4-H family”, on the [4-H Day with the Cardinals webpage](#) (the button reads “Non-4-H Member Instructions”, but that means non-Missouri member). Complete ticket order instructions and additional information is available at:

<https://extension2.missouri.edu/programs/missouri-4-h/4-h-opportunities/4-h-prog/4-h-days/4-h-day-with-the-cardinals>

Families can also participate in the 4-H Day with the Cardinals raffle to win prizes such as throwing out the first pitch, autographed baseballs, and tickets to other Cardinal baseball games. Funds raised through the raffle support Missouri and Illinois 4-H programs. 4-H Day with the Cardinals has raised \$82,000.00 to support Missouri and Illinois 4-H programs in the first 18 years. Complete information about the 4-H Day with the Cardinals raffle is on the [4-H Day website](#).

Questions regarding ticket or t-shirt orders should be addressed to [Rhonda Shafer](#), at [shafferr@missouri.edu](mailto:shafferr@missouri.edu) or 636-528-4613. For questions about the parade, game day activities or raffle contact [Dave Hileman](#) at [hilemand@missouri.edu](mailto:hilemand@missouri.edu) or 636-583-5141.

# 4-H FISH CAMP

MAY 2 & 3

4-H MEMORIAL CAMP | MONTICELLO, ILLINOIS

Spend the weekend on our private 16-acre lake and learn to fish for largemouth bass, crappie, bluegill, and catfish. We'll make our own lures while we learn about fish bait, equipment, and management.

#### DETAILS:

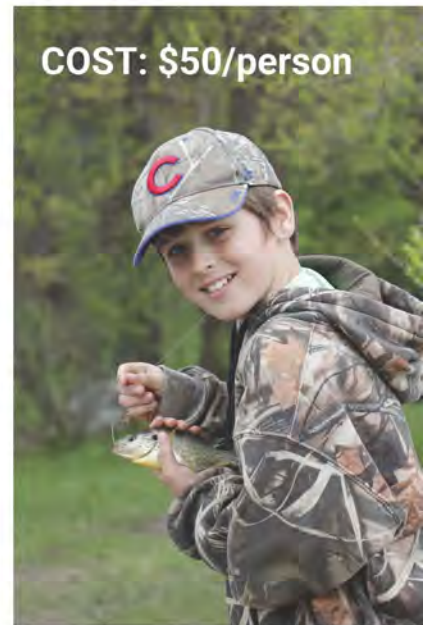
- Open to any adult/child team. No previous experience or equipment required.
- Arrive at 10 AM Saturday, May 2. Stay onsite through 2 PM Sunday, May 3. All meals are included, including fresh fish fillets to take home.
- Each adult may bring up to three youth campers. Adults are required to attend the entire weekend. Youth campers should be at least 8 years old. Bring bedding for lodging in our rustic cabins with bunk beds.

Preregistration and Payment Required

**CONTACT CURT SINCLAIR FOR INFORMATION**

217-300-9488 | Email: [sinclair@illinois.edu](mailto:sinclair@illinois.edu)

**COST: \$50/person**



**FUN & FISH**

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Registration information online @  
[go.illinois.edu/4Hfishcamp](http://go.illinois.edu/4Hfishcamp)

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

## STATE 4-H 2020 CALENDAR OF EVENTS

### State Coming Events

February 21	DEADLINE: Governor's Volunteer Service Award Applications
February 22 – 23	Junior Leadership Conference, Effingham
February 29	DEADLINE: Project Y.E.S.
February 29	State 4-H Dairy Quiz Bowl, East Peoria
February 29	State 4-H Horse Judging Contest, Black Hawk College, East Campus
March 1	DEADLINE: Farm Credit Scholarship
March 1 – April 30	JOANN Clovers for Kids Campaign
March 4-5	4-H Legislative Connection, Springfield
March 6	Women Changing the Face of Agriculture, Decatur
March 14	2020 Awards Banquet by invitation only
March 21	Speaking for Illinois 4-H Training, Whiteside County, Sterling
March 21	Sewing Community Service project, 4-H Memorial Camp
March 28	Northeast Regional Horse Bowl and Hippology Contest
March 28	Southern Regional Horse Bowl and Hippology Contest
April 4	Central Regional Horse Bowl and Hippology Contest, Lincoln Land Community College
April 4	Northwest Regional Horse Bowl and Hippology Contest, Knoxville
April 18	State 4-H Horse Speaking Contest, Champaign
April 18	State 4-H Horse Hippology Contest, Champaign
April 19	State 4-H Horse Bowl Contest, Champaign
April 19-25	National Volunteer Week
April 25	National 4-H Day of Service
April 25	Shooting Sports Training, Williamson County
April 29 – May 10	Tractor Supply Paper Clover Campaign
May 1	DEADLINE: Family Spirit Award Nominations
May 2-3	4-H Fish Camp, 4-H Memorial Camp
May 6-7	4-H Legislative Connection, Springfield
May 9	State 4-H Robotics Competition, Bloomington
June 2 – 6	Week 1: Camping at 4-H Memorial Camp
June 7 – 11	Week 2: Camping at 4-H Memorial Camp
June 13	Shooting Sports Training, Pike County
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 26	Illini Summer Academies

## STATE 4-H 2020 CALENDAR OF EVENTS

### State Coming Events Continued

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 22 – August 17	Inbound youth from Japan and South Korea in states
July 26 – 30	Week 5: Camping at 4-H Memorial Camp
July 26 – August 2	Illinois State Junior Horse Show, Springfield
<b>August 14</b>	Bureau, Carroll, Champaign, Coles, Cumberland, DeWitt, Ford, Fulton, Henry, Iroquois, Jo Daviess, LaSalle, Lee, Macon, Marshall-Putnam, Mason, Mercer, Moultrie-Douglas, Peoria, Piatt, Rock Island, Shelby, Stark, Stephenson, Tazewell, Vermilion, Whiteside, Winnebago.
<b>August 15</b>	Christian, Clark, Clay, Cook, Crawford, DeKalb, DuPage, Edgar, Effingham, Fayette, Franklin, Jackson, Jasper, Jersey, Johnson, Kane, Kendall, Livingston, Logan, Macoupin, Massac, McLean, Menard, Montgomery, Ogle, Perry, Pulaski-Alexander, Randolph, Sangamon, Union, Williamson, Woodford
<b>August 16</b>	Adams, Bond, Boone, Brown, Calhoun, Cass, Clinton, Edwards, Gallatin, Greene, Grundy, Hamilton, Hancock, Henderson, Jefferson, Kankakee, Knox, Lake, Lawrence, Madison, Marion, McDonough, McHenry, Monroe, Morgan, Pike, Pope-Hardin, Richland, Saline, Schuyler, Scott, St. Clair, Wabash, Warren, Washington, Wayne, White, Will
August 14-16	State 4-H Public Speaking Contest, Illinois State Fair, Springfield
August 17	State 4-H Poultry Show, State Fair
August 17	IL State Fair junior poultry show
August 18	Illinois 4-H Foundation Celebration Event at the State Fair
August 22	IL State Fair junior rabbit show
August 29	State 4-H Dog Show, Dixon
September 12	Shooting Sports Training, Winnebago County
September 19	State Archery Shoot, Pekin
September 26	State Shotgun Shoot, Brittany Shooting Park
October 10, 11	State Rifle & Pistol Shoot, Bloomington





# Carroll County 4-H Livestock & Dairy Judging



March 14  
2020

Carroll County  
Highway Bldg.  
10735 Mill Rd  
Mt. Carroll, IL 61053

**Come Join us on  
Saturday, March 14, 2020  
Carroll County Highway Building  
10735 Mill Rd.  
Mt. Carroll, IL 61053**

## Livestock Judging

Registration  
8-8:45 am  
Contest  
9:00 am

3 rings of each  
species, 1 production  
ring in each species,  
10th ring will be a  
question class

Lunch Stand  
On Site

## Dairy Judging

Registration  
11:45-12:15pm  
Contest  
12:30pm

If we are unable to  
use the building  
because of snow/  
ice, you will be  
contacted early that  
morning. Please pre-  
register and  
indicate a cell  
number where you  
can be reached early  
morning. You will  
also be added to a  
text group named  
"remind livestock  
judging group."

**Livestock Judging: Registration 8-8:45am- Contest 9:00 am**

**Dairy Judging: Registration 11:45-12:15pm- Contest 12:30pm**

Register online at [go.illinois.edu/CarrollJudging](http://go.illinois.edu/CarrollJudging) or use form



-----Registration Form ~ Livestock & Dairy Judging 2020-----

County Name: \_\_\_\_\_

# of 4-Her's Attending: \_\_\_\_\_

Adult Volunteer Helping: \_\_\_\_\_

Attending  Livestock  Dairy Contest: Check all that apply

Contact Person: \_\_\_\_\_ Phone # \_\_\_\_\_

E-mail: \_\_\_\_\_ Cell # \_\_\_\_\_

Questions Call Molly Sedig | 815-244-9444

**Return to:**  
**Molly Sedig**  
University of Illinois  
Extension  
807 D South Clay  
Mt. Carroll, IL 61053

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# 4-H Livestock Judging Contest

SPONSORED BY

ILLINOIS EXTENSION, MCDONOUGH COUNTY &  
WIU INTERCOLLEGIATE LIVESTOCK JUDGING TEAM

## Saturday, April 4, 2020

At The W.I.U. Livestock Pavilion  
Wigwam Hollow & Tower Road, Macomb

Registration begins at 8:00 a.m. • Contest will start at 9:00 a.m.

**FAST** Check in for those who register by April 1st  
Day of registration will be available

**NEW** Cost: \$5.00 Per Contestant or \$20.00 Per Team of 4  
payment due at contest

*Contest open to 4-H members only*

**JUNIOR Division ~ Under 14 as of 1/1/20**

**SENIOR Division ~ 14 & Older as of 1/1/20**

May register multiple youth at a time.

Teams will be four members and determined by top 3 scores.  
Teams must be comprised of individuals from the same county.

**Register Online at <https://go.illinois.edu/WIU>**

For additional information, please contact:

McDonough County Extension Office at (309)837-3939

or email Beth Chatterton at [chattert@illinois.edu](mailto:chattert@illinois.edu)

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If you need a reasonable accommodation to participate in this program, please contact your county Extension office.

## NATIONAL 4-H INFORMATION:

### 2021 YOUTH IN ACTION APPLICATIONS ARE OPEN

It's a new year, and we're introducing a new application season for the Youth in Action program! We've 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!

<https://4-h.org/parents/4-h-youth-in-action-awards/?>



### CELEBRATING BLACK HISTORY MONTH

To celebrate Black History Month, National 4-H Council President & CEO Jennifer Sirangelo is featuring stories from 4-H Grown alumni and highlighting their impact as leaders, scholars and researchers in Historically Black Colleges and Universities.

<https://4-h.org/about/blog/celebrating-the-contributions-of->

### THE 11TH ANNUAL LEGACY AWARDS

Come celebrate the 11th annual 4-H Legacy Awards. This year's fundraising event will be held on Wednesday, March 25 in Washington, D.C. to recognize youth, alumni and supporters who make life-changing experiences possible for millions of young people. Use promo code [EARLYBIRD](#) to [receive](#) 15% off individual tickets (Guest, VIP, Duo).

<https://4-h.org/ways-to-give/4-h-legacy-awards/#!overview?>



### FOUR UNIQUE TYPES OF MENTORS

National 4-H Council President & CEO, Jennifer Sirangelo, talks about the four types of mentors that played a significant role in her career. Do you or your kids have the right mentors?

<https://4-h.org/about/blog/what-mentoring-has-meant-to-me->



### IS YOUR CHILD BEING BULLIED?

Making sure kids are in a safe space where they feel accepted is an integral part of their emotional health and well-being, both in programs like 4-H and in school. In collaboration with Parents.com, 4-H provides tip to help parents address bullying.

<https://www.parents.com/featured/6WaysTakeAction4H2020?>

## WHAT'S HAPPENING AT THE EXTENSION:

**ILLINOIS EXTENSION**  
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*Serving Jo Daviess, Stephenson and Winnebago Counties*  
Jo Daviess: 204 N Vine St, Elizabeth IL 60528 • 815.858.2373  
Stephenson: 2998 W Pearl City Rd, Freeport IL 60532 • 815.235.4125  
Winnebago: 1040 N Second St, Rockford IL 61107 • 815.986.4357

# US CROP MARKET OUTLOOK



The US Crop Market Outlook presentation will focus on the corn, soybean and wheat market, provide analysis of supply and demand factors impacting market prices. The implications for marketing year average prices as well as the likely patterns of prices over the next year will be discussed.

**NO CHARGE**  
Pre-registration  
REQUIRED by  
Monday  
February 24

**WEDNESDAY, FEBRUARY 26, 2020**  
**10 A.M. TO NOON**

**HIGHLAND COMMUNITY COLLEGE**  
**STUDENT CONFERENCE CENTER, ROOM 210**  
**2998 W PEARL CITY RD, FREEPORT, IL**

**Like us on Facebook**

**To register: call 815-235-4125 or online at [go.illinois.edu/jsw](http://go.illinois.edu/jsw)**

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.

## University of Illinois Extension Certified Food Protection Manager (CFPM)

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### 2020 Course Dates



**March 31, 9:00 am - 3:00 pm AND April 3, 9:00 am - 2:30 pm**  
**Location:** Stephenson County Farm Bureau, 210 W Spring St, Freeport, IL  
**July 28, 9:00 am - 3:00 pm AND July 31, 9:00 am - 2:30 pm**  
**Location:** Winnebago County Farm Bureau, 1925 S Meridian Rd, Rockford, IL  
**August 03, 9:00 am - 3:00 pm AND August 03, 9:00 am - 2:30 pm**  
**Location:** Elizabeth Community Center Building, 402 West St, Elizabeth, IL  
**October 27, 9:00 am - 3:00 pm AND October 30, 9:00 am - 2:30 pm**  
**Location:** Winnebago County Farm Bureau, 1925 S Meridian Rd, Rockford, IL  
**December 1, 9:00 am - 3:00 pm AND December 4, 9:00 am - 2:30 pm**  
**Location:** Stephenson County Farm Bureau, 210 W Spring St, Freeport, IL

This course meets the 8-hour coursework and examination required by the state of Illinois for the Certified Food Protection Manager certification, which is required every 5 years. (Formally called the Food Service Sanitation Managers Certification). This course is taught by Diane Reinhold, Nutrition & Wellness Educator, University of Illinois Extension.

**Each class is taught over two days - You Must be Present the Entire Time**  
**The exam is administered the second day from 12:30 - 2:30 pm**

**PROGRAM FEE:** \$100 includes purchase of the book, examination, educational materials, and lunch  
(Pre-registration is Required)

**Photo ID Required for EACH day of Class**

**INFORMATION:** Please arrive 15 minutes early to register as class will begin promptly at 9:00

**REGISTRATION: Pre-registration is required.** To register call our office at 815.235.4125 or visit us online at: <http://web.extension.illinois.edu/jsw>

*If you need a reasonable accommodation to participate in this program, please contact our office at least 30 days prior to the program.*



UNIVERSITY OF ILLINOIS EXTENSION

*Serving Jo Daviess, Stephenson  
& Winnebago Counties*  
2998 W. Pearl City Rd, Freeport, IL  
Office: (815) 235-4125  
Fax: (815) 232-9006

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If you need a reasonable accommodation to participate in this program, please contact the Extension Office at (815)235-4125. 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.

## Save the Date: March 14, 2020

### 25<sup>th</sup> Anniversary: Tri-State Forest Stewardship Conference

- 2020 marks the 25<sup>th</sup> Anniversary of the Tri-State Forest Stewardship
- **Date:** Saturday, March 14, 2020
- **New Location:** The Conference Center at Highland Community College (Freeport, IL)
- **Keynote Speaker:** Mr. Paul DeLong
  - Sr. VP, Am. Tree Farm System
  - Former WI-DNR State Forester
  - “The White Oak Initiative”
- **Contacts:**
  - Mr. Jay Hayek ([jhayek@illinois.edu](mailto:jhayek@illinois.edu))
  - Dr. Billy Beck ([wjbeck@iastate.edu](mailto:wjbeck@iastate.edu))
- This annual conference attracts 400+ woodland owners and conservation enthusiasts from the Tri-State area of Illinois, Iowa, Wisconsin, and beyond

**ILLINOIS EXTENSION**  
IOWA STATE UNIVERSITY  
Extension and Outreach



[www.extension.iastate.edu/forestry/tri\\_state/introduction.html](http://www.extension.iastate.edu/forestry/tri_state/introduction.html)

## WHAT'S HAPPENING AT THE EXTENSION:

**ILLINOIS**  
Extension  
COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES

**TUESDAY, MARCH 24, 2020**  
**8:30 AM - 3:00 PM**  
**HIGHLAND COMMUNITY COLLEGE**  
**CONFERENCE CENTER, FREEPORT, IL**



Designed to inform producers about legislation, registration, best management practices, and processing of this new crop.

**Topics include:** Variety selection and cloning, greenhouse production tips, seeding methods, drying and ethanol extraction, insurance, marketing and MORE!

The day will include updates from the University of Illinois Extension and the Illinois Hemp Growers Association. For a complete agenda, visit our website at [go.illinois.edu/jsw](http://go.illinois.edu/jsw).

**COST IS \$25 PER PERSON**  
**PRE-REGISTRATION BY MARCH 18TH**  
**815-235-4125 OR GO.ILLINOIS.EDU/JSW**

Serving Jo Daviess, Stephenson and Winnebago Counties  
Jo Daviess County 204 N. Vine Street, Elizabeth IL 61028 - 815.858.2273  
Stephenson County 2998 W Pearl City Rd, Freeport IL 61032 - 815.235.4125  
Winnebago County 1040 N Second St, Rockford IL 61107 - 815.998.4357

University of Illinois - U.S. Department of Agriculture - Local Extension Councils Cooperating. 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 contact the Extension Office at 815-235-4125. Early requests are strongly encouraged to allow sufficient time for meeting your access needs.

## Living with Arthritis

**ILLINOIS**  
Extension  
COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES

*A Journey of Wellness*



Healthy Knee Joint



Knee Joint with Arthritis

**Date: Thursday, March 26, 2020**

**Time: 1:00 PM - 3:00 PM**

**Location:** Stephenson County  
Senior Activity Center,  
216 E. Stephenson Street, Freeport

Join us to **Learn** about the **Most Common Forms of Arthritis**. **How Diet, Physical Activity and Lifestyle** can help **Manage Arthritis**.

**To register or for more information:**

**Call our office at (815) 235-4125**

or visit us online at [web.extension.illinois.edu/jsw](http://web.extension.illinois.edu/jsw)



University of Illinois Extension

**Registration:** This program is free however pre-registration is requested due to limited seating.

**Registration Deadline: Monday, March 23, 2020**

**ILLINOIS**  
Extension  
COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES



**Senior Resource Center**

University of Illinois Extension  
Serving Jo Daviess, Stephenson, &  
Winnebago Counties  
2998 W. Pearl City Rd, Freeport, IL  
Call us at: (815) 235-1125  
Check out up-coming events  
[go.illinois.edu/jsw](http://go.illinois.edu/jsw)

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.



Candice Hart, State Master Gardener,  
University of Illinois Extension

## Planning for a Popular Rockford, Illinois Gardening Conference is Underway

Gardening for Food, Flowers and Fun will be held on Saturday, March 7. The University of Illinois Extension presents this popular gardening conference, which features local experts, Extension Master Gardeners and staff. This year, the keynote speaker is Candice Hart, Extension Specialist. Candice will present the keynote address on Gardening with a Purpose, which will explore the latest trends in gardening which are done with intention. Practices that include things like growing our own food, planting flowers for bees & pollinators, changing the aesthetics of our neighborhoods and communities for the better, are more important than ever. Candice will inspire participants to learn about some

ways people are gardening for a purpose and how you can reflect on your motivation to garden. In addition to the keynote address, each participant will also select three breakout sessions on a variety of horticulture related topics.

"Gardening for Food, Flowers and Fun has been a favorite program of mine since I started participating in this day of learning 7 years ago," stated Hart recently. "It's a great opportunity for gardeners of all kinds to get inspired and gain knowledge in order to better their own gardens at home. I'm excited to talk all about the latest gardening trends and what motivates a person to garden, as well as offer a hands-on workshop on creating indoor terrarium gardens. Growing our own food, planting flowers for bees & pollinators, changing the aesthetics of our neighborhoods and communities for the better, are all important ways to garden that can improve people's lives."

More information and registration is available online at <https://extension.illinois.edu/jsw> or by calling Illinois Extension at 815-986-4357. Call to request a brochure. Registration fee is \$40 and participants are encouraged to register early to ensure their selection of session topics. The conference will be held at the NIU Conference Center, 8500 E. State Street, Rockford.

# #815LeapofKindness



**GREATER  
FREEPORT  
PARTNERSHIP**



**United Way of  
Northwest Illinois**

## #LeapOf KindnessDay

*What do you do with one extra day in the year?*

**SPREAD KINDNESS!**

### **Saturday, February 29**

The Greater Freeport Partnership and United Way of Northwest Illinois ask you to support **#leapofkindnessday** by organizing your own outreach or activity. Post to social media with **#815leapofkindness** and we will promote all that our area is doing to support one another.

### **Examples of what you can do:**

- Donate to a local food pantry (Cub Foods has bags ready for you to purchase!)
- Join a club or organization
- Make and take cards to a nursing home or hospital care unit
- Write a thank you card
- Leave a big tip after your meal
- Take treats or gift cards to teachers, first responders or co-workers
- Pay for coffee for the person in line behind you
- Shovel a neighbor's sidewalk
- Send pizzas to volunteers
- Pay someone's library fines

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

Friday, March 20, 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](mailto:tammie.jamiska@ssmhealth.com)

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Occupation and employer name: \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

# What the Flip

## Moose Lodge, April 17, 2020

### 6:00 p.m. – 10:00 p.m.

### Rules and Regulations



Thank you for being part of our new fundraiser “What the Flip” – this event is a playoff of the TV show Flea Market Flip. You will pick a category from one the 4 areas on the registration form and flip a piece to reflect that category. Registration is \$20.00 and will be returned when you follow the photo guidelines below and enter the item at the event. Following are the rules and regulations for this event in accordance with contestant and coordinator responsibilities.

Registration will be open until February 1, 2020

#### **Contestant Responsibilities**

All items must be a reflection of the category chosen on the registration form

Items become the property of CONTACT and will be auctioned off at the event.

Prize categories are 1<sup>st</sup> Place \$100, 2<sup>nd</sup> Place \$60.00 and 3<sup>rd</sup> Place \$35.00.

A before and after photo is required for each item. These photos have to be submitted no later than two weeks before the event for coordinators to place in the ticket book for the event. Photos not received by the cutoff date forfeits refund of the registration fee.

Items will be delivered to event 2 hours prior to event start time (601 E. South St.

Freeport) to ensure refund of registration fee. (attached is the flyer with the date and times of the event)

#### **Event Coordinator Responsibilities**

- Each contestant will be given one ticket book for the event.
- Refund of registration fee will be given when photos are received by deadline and items are entered at event.
- Judges will be impartial, fair and knowledgeable.
- All proceeds from the event will be donated to CONTACT of Northern Illinois.

#### **Upcoming Flea Market and Idea’s for finding your item:**

- \* Shaggy’s Indoor Flea market, 175 N. Crescent Rdg, Dubuque, IA 563-580-3633- 10:00 a.m.-5:00 p.m. Tues-Sun
- \* 7-Mile Fair, 2720 W. 7 Mile Road, Caledonia, WI 53108, Saturday & Sunday 9:00 am – 5:00 p.m. 1-261-835-2177
- \* Check out local garage sales, Local Consignment shops, Goodwill, My Friend’s Closet Lena, IL, St. Vincent DePaul, Monroe WI
- \* Go to [www.HGTV.com/fleamarketflip](http://www.HGTV.com/fleamarketflip) for suggestions and ideas





# What the Flip

## Moose Lodge - April 17, 2020

### 6:00 pm - 10:00 p.m.

Registration number \_\_\_\_\_

This event is a fundraiser for CONTACT of Northern Illinois and all proceeds from the event will be donated to CONTACT. Please complete the registration form below – your signature at the bottom is your commitment to flip an item and bring it to the event for judging and auction. Thanks again for being part of this fundraiser. Questions, call Pam 815-233-4357.

**PLEASE PRINT**

**Registration fee: \$20 (returned when item is entered in event)**

**Registration is open until February 1, 2020 – Mail form to CONTACT, P.O. Box 83, Freeport, IL 61032**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone No. \_\_\_\_\_ email \_\_\_\_\_

Please choose one category for your item:

\_\_\_\_\_ Modern Metal – Create a piece that features metal in the design.

\_\_\_\_\_ Smart Storage – Create a functional and stylish storage piece.

\_\_\_\_\_ Radical Reimagine – take an old piece and radically transform it.

\_\_\_\_\_ Pattern Play – Incorporate a pattern into your design

Vendor

Signature \_\_\_\_\_ Date: \_\_\_\_\_

#### FOR OFFICE USE ONLY:

Date received: \_\_\_\_\_ Registration fee paid \_\_\_ Cash \_\_\_ Check \_\_\_ Credit Card

Confirmation email sent: \_\_\_\_\_ Photo received: Before \_\_\_ After \_\_\_

Day of event: Item # entered in event \_\_\_\_\_ Fee returned \_\_\_\_\_  
Yes No Yes No

Event Volunteer Signature: \_\_\_\_\_ Vendor Signature \_\_\_\_\_

Signature indicates item was received and that refund of registration fee was completed.

# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory viruses like 2019 novel coronavirus.

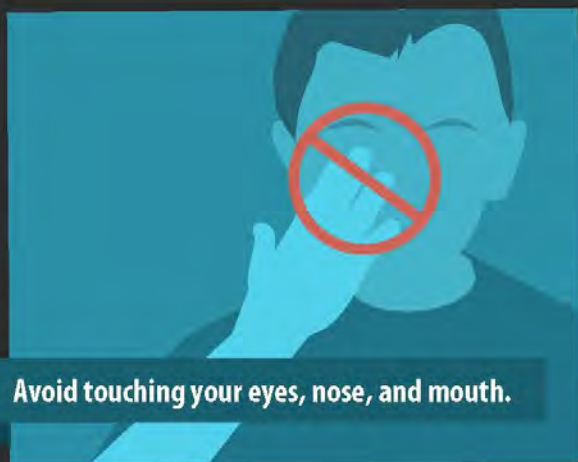
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue,  
then throw the tissue  
in the trash.



Avoid touching your eyes, nose, and mouth.



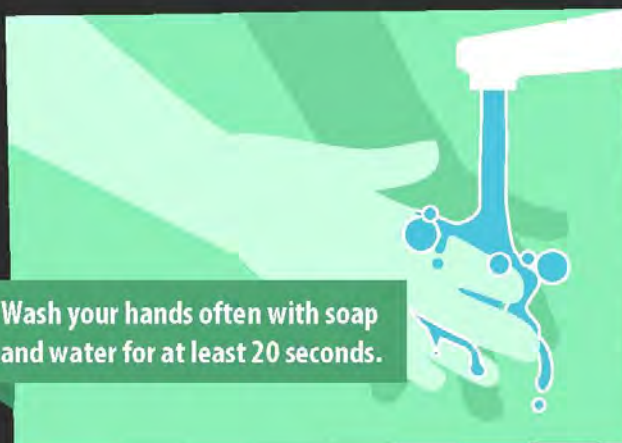
Clean and disinfect frequently  
touched objects and surfaces.



Stay home when you are sick,  
except to get medical care.



Wash your hands often with soap  
and water for at least 20 seconds.



For more information: [www.cdc.gov/nCoV](http://www.cdc.gov/nCoV)

The current outbreak of 2019 novel coronavirus (2019-nCoV) was first identified in China but has now spread internationally, impacting an increasing number of countries. Sustained community spread is occurring in China. Limited person-to-person spread, most associated with close contact with a patient with confirmed 2019-nCoV, has been seen outside of China. No community spread of 2019-nCoV has been identified in the United States at this time.

In the coming days and weeks, we expect more confirmed cases in the United States, including some person-to-person spread. The goal of CDC's aggressive ongoing public health response is to prevent spread of 2019-nCoV in the United States.

## What you should do

- **STAY INFORMED** – CDC is updating its website daily with the latest information and advice for the public. ([www.cdc.gov/ncov](http://www.cdc.gov/ncov))
- **REMEMBER TO TAKE EVERYDAY PREVENTIVE ACTIONS** that are always recommended to prevent the spread of respiratory viruses.
  - » Avoid close contact with sick people.
  - » While sick, limit contact with others as much as possible.
  - » Stay home if you are sick.
  - » Cover your nose and mouth when you cough or sneeze. Avoid touching your eyes, nose and mouth with unwashed hands; germs spread this way.
  - » Clean and disinfect surfaces and objects that may be contaminated with germs.
  - » Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub with at least 60% alcohol.
- **IF YOU FEEL SICK** with fever, cough, or difficulty breathing, and have traveled to China or were in close contact with someone with 2019-nCoV in the 14 days before you began to feel sick, seek medical care. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.

## What you should not do

- **DO NOT** travel to China.
- **DO NOT** use facemasks. CDC does not recommend the use of facemasks for the **general U.S. public** to prevent the spread of 2019-nCoV.
- **DO NOT** show prejudice to people of Asian descent, because of fear of this new virus. Do not assume that someone of Asian descent is more likely to have 2019-nCoV.

All persons in the U.S.—including those of Asian descent—who have not traveled to China or been in contact with someone with a confirmed or suspected nCoV case in the last 14 days are at low risk of becoming sick.

