



# NEWSFLASH



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

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County Extension  
Director

• **Becky Gocken**  
Program Coordinator  
4-H Youth  
Development

• **Julie Miller**  
Office Support  
Assistant

February 7, 2020

*Inspired to Lead— Called to Serve*

Good afternoon 4-H Families,

We had a great Organizational Leaders meeting this week with representatives from CONTACT that presented about the services they offer. I have attached a couple of upcoming events they are having at the end of this newsflash.

In honor of American Heart Health month, we have Heather Baker presenting on Sunday for a CPR & AED Training. If there is enough interest, Heather might be able to offer this training again for 4-H members ages 12 and up this summer. Please let me know if this is something you would like us to organize.

On February 22 we are having our painting workshop at Jelly Art Studio. We currently only have 4 members signed up and would like at least 10 to run the workshop. Please sign up ASAP!

YQCA training is on Tuesday evening at Freeport Public Library. This training must be completed by June 1st to show Beef, Dairy, Swine, Sheep or Goats. Please register by Monday, Feb 10th!  
<https://yqca.learnrow.io/>

Super Saturday registration is NOW OPEN! Be sure to sign up early to reserve your spot in the classes you desire! They will fill up fast!

Have a wonderful weekend!

~Becky Gocken



Find us on  
[Facebook!](#)



American Heart Association   
Learn and Live

## STEPHENSON COUNTY 4-H INFORMATION

Registration is NOW OPEN! Just click the picture!

# 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.



# STEPHENSON COUNTY 4-H INFORMATION



## 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): <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!

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

# LET'S PAINT!

SATURDAY, FEBRUARY 22, 2020  
9:30 - 11:30 AM.

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.



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## NORTHERN ILLINOIS 4-H SUMMER CAMP

ILLINOIS Extension 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)

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)

## UNIVERSITY OF ILLINOIS EXTENSION PRESENTS 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!

ILLINOIS Extension COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES



University of Illinois College of Agricultural, Consumer and Environmental Sciences \* USDA - Local Extension Councils Cooperating University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate in this program, please contact the DeKalb County Extension Office at 815-758-4194. 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



## **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/>.**

**These trainings must be completed by June 1, 2020!**



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## 4-H VOLUNTEER SPOTLIGHT



Name: **Dean Kuper**

Occupation: **Producer at Wirtjes Insurance Agency**

How long have you been a 4-H volunteer? **13 years**

How are you involved as a 4-H volunteer? **Organizational Leader... I also help with 4-H poultry Clinics and enjoy working events like the Pork Chop Dinner. I enjoy seeing our group achieve their goals with their projects and watching them enjoy the rewards at the fair and other competitions.**

Were you involved in 4-H as a child? If so, how many years (approximately)? **I was not involved as a kid. My parents raised my brother and I to have a love for livestock. We dairy farmed, but didn't raise purebred show stock. We had dairy, hogs, and sheep. I spent many days at the fair watching my friends and extended family show. Glad we had the chance to encourage our kids and now our club members to be involved.**

What does 4-H mean to you? **I didn't think about it being more than livestock when I was a kid, but there are endless chances in 4-H for young people to develop amazing skills. Our daughters showed sheep, but they also learned great communication skills, how to work with others, responsibility, commitment and so much more. To me, 4-H is a place for every kind of young person. No matter what a kid's interest or ability is, there is a place for them in 4-H.**

What is your favorite 4-H memory/ story? **My favorite memories involve our quiet girls as Clover Buds being taken under the wings of older members and watching them grow from scared kids who could barely talk to judges to confident young people. Seeing kids working together and helping each other show animals in the sheep barn will always be great memories. Jane Hendrickson was the Florence Crickets Org. Leader when our kids started and she did a great job of helping them develop confidence. We have lots of great memories of meeting nights at the Hendrickson's home.**

What is your favorite indoor/outdoor activity? **Working with livestock and being involved with our church are my favorite involvements.**

Tell us something about you that might surprise us. **I love history and conservative politics and have had the chance to travel to some amazing historic sights in the US.**

If you could learn to do anything, what would it be? **My brother was a great mechanic. I wish I had that ability so I wouldn't have to depend on others to take care of our vehicles!**

What advice would you give to someone just starting out in 4-H? **I try to tell new members 4-H will give them the opportunity to learn more and share what they know about something they really like. I advise them to start out with just one or two projects they will love to spend time on and talk about. It's easy to develop great communication skills if you are sharing about things you are passionate about. In today's social media world, knowing how to communicate with others at work and within our families is incredibly important.**

# 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.**

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## Florence Crickets 4-H Club

**Our Feb. meeting was held at Liberty Village/ Hawthorne Inn. It's one of our favorite meetings each year. Our club members shared about their favorite projects, summer trips, a talent they have like playing instruments or the piano, or something they have written, or made at school. One member brought her cat and another did magic tricks. The kids made hand-made valentines to give out and one of our families made home-made cookies to share as snacks. The residents really enjoyed the night. Several residents were 4-H members themselves when they were young. One resident from Hampshire showed dairy cattle there and the boy she married showed sheep. It was fun to hear, things have not changed that much from then till now. 4-H is a great way to develop relationships with friends of all ages.**

## Pearl City Hornets 4-H Club

**The Pearl City Hornets 4-H club had their monthly meeting on Monday, February 3.**

**Cheyenne Handsaker led the meeting. The club invited the Pearl City Food Pantry to the meeting. Janet and Luci were there as representatives for the food pantry. The club has had a taco dinner at the school for the last several years to raise money for different organizations.**

**With the profits raised over the last two years, the club was able to present a check to the Pearl City food pantry for \$500.**



## Lena Live Wires 4-H Club

**The Lena Lives were presented with an origami lesson at our last meeting and we played some "board" games.**



**4-H PLEDGE**

I pledge my **HEAD** to clearer thinking,  
my **HEART** to greater loyalty,  
my **HANDS** to larger service,  
and my **HEALTH** to better living,  
for my club, my community,  
my country, and my world.



# STEPHENSON COUNTY IMPORTANT DATES TO REMEMBER

## FEBRUARY 2020

- 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
- 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

## 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 4-H Public Speaking & Demo Contest, HCC, Building R, Room 102

## 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!**



# STEPHENSON COUNTY IMPORTANT DATES TO REMEMBER

## MAY 2020

- 1** Horse lease/ ownership and Breeding Beef Females ownership deadline  
(Paperwork for Horse & Pony due to Ext. Office)
- 15** Ownership for Sheep Wethers and ALL Meat Goats
- 20, 27 6 p.m. Dog Class, Stephenson Co. Fairgrounds, Foresight 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)
- 1** Dog lease/ ownership deadline due to Ext. Office
- 3, 10, 17, 24 6 p.m. Dog Class, Stephenson Co. Fairgrounds, Foresight Commercial Bldg.
- 8-12** 4-H Camp, Rock River Christian Camp, Polo, IL
- 14 2020 Northern Illinois 4-H Horse & Pony Show, Stephenson County  
Fairgrounds, Freeport
- 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
- 8** 9 a.m. **General Projects Day**, Stephenson County Fairgrounds, Foresight  
Commercial Bldg.
- 8 6 p.m. Dog Class, Stephenson County Fairgrounds, Foresight Commercial Bldg.
- 10 6 p.m. Dog Class, Stephenson County Fairgrounds, Foresight Commercial Bldg.
- 11 9:00 a.m. Stephenson County 4-H Dog Show, Stephenson County  
Fairgrounds, Foresight Commercial Bldg.

# STEPHENSON COUNTY IMPORTANT DATES TO REMEMBER

## 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>
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).**



# 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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## STATE 4-H CONTESTS:

### 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.

### Speak Up for 4-H

**March 21 | 9 AM – 3 PM | Sterling**

**Register @ [go.illinois.edu/sfi4H](http://go.illinois.edu/sfi4H) | Cost \$12**

We're looking for 4-H members interested in spreading the great news about 4-H. If you're at least 14, you can join the *Speaking for Illinois 4-H* team. Two trainings are available:

**Saturday, March 21** at the Whiteside County Extension Office in Sterling

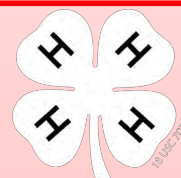
The day-long training, provided by the Illinois State 4-H Youth Leadership Team, gives you the chance to explore your own 4-H history and why you are involved, then put that story into words. You'll learn the best ways to approach donors, civic groups, elected officials, and others to talk about 4-H. Once you're trained, you'll receive an invitation to be a part of our Legislative Connection events at the State Capitol.

### Help Sew New Curtains for Camp!

**March 21 | 9 AM – 4 PM | 4-H Memorial Camp @ Monticello**

**Register online @ [go.illinois.edu/4Hsewing](http://go.illinois.edu/4Hsewing)**

4-H Memorial Camp needs new cabin curtains ... LOTS OF THEM! If you know how to sew and have taken at least one year of 4-H sewing, we have a great community service project that is fun and will make a big difference! We need 50 youth volunteers to help cut, pin, sew, and hang 126 curtains in the log cabins used by 1,500 campers each summer. The camp will provide all the materials, patterns, and lunch! We have a few sewing machines available, but more are needed. Members may bring one parent or guardian to help. Come help and enjoy the perfect camp lunch of hot dogs, baked beans, veggies, chips, and cookies!



## 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.

### Let's Go Fishing

May 2 – 3 | 4-H Memorial Camp, Monticello

Learn more @ [go.illinois.edu/4Hfishcamp](http://go.illinois.edu/4Hfishcamp)



With the lake fully stocked, 4-H Fish Camp is back at 4-H Memorial Camp near Monticello. Fishing begins at 10 a.m. Saturday, May 2 and lasts until 2 p.m. Sunday, May 3. Learn how to catch largemouth bass, crappie, bluegill, and channel catfish. Learn about fishing tips, lures, bait, equipment, knots, fish behavior, fish management, and fish cleaning. Each group registered will be assigned their own log cabin for lodging with single bunks. Participants must bring their own bedding and toiletries.

A fee of \$50 per person covers the complete program, lodging, boat, bait, and three buffet meals, including Saturday lunch and supper and a Sunday brunch. You'll also have fresh fish fillets to take home! Pre-registration and payment is required. To register, contact 4-H Memorial Camp at (217) 762-2741 or send an email to Curt Sinclair at [sinclair@illinois.edu](mailto:sinclair@illinois.edu).

### 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.

Feb. 11, 2020 Freeport Public Library

### Illini Summer Academies

Contact Alvarez Dixon for information, cost, and registration.

Access the scholarship link @ [go.illinois.edu/illini4Hscholarship](http://go.illinois.edu/illini4Hscholarship) after January 31.

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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 16<sup>th</sup> 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.



OGLE COUNTY 4-H



# *Poultry Clinic*

Presented by Philip Newendyke.

The Newendyke Family raises and exhibits standard bred poultry.

**FEBRUARY 22, 2020 | 1:30 TO 3:30 PM**  
**AT INSTRUCTORS FARM**  
**1205 N ROCK RD**  
**OREGON, IL 61061**

## Clinic topics include:

1. Determining your level of participation/goals:  
Poultry Breeder or summer project?
2. Providing the best animal husbandry at all levels of participation.
3. Raising poultry: the Ups and Downs  
(pleasure/winning & death/pests)
4. Conditioning and show preparation; it doesn't start on show day.
5. You be the judge: What judges look for and expect.
6. Tour the Newendyke facilities and see the birds.



Please RSVP to the Ogle County Extension Office  
at 815-732-2191 by February 14th.

University of Illinois/USDA/Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.

If you need reasonable accommodation to participate in this program, please contact the Ogle County Extension Office at 815-732-2191. Early requests are strongly encouraged to allow sufficient time for meeting your access needs.

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# STATE 4-H 2020 CALENDAR OF EVENTS

## State Coming Events

February 1	Speaking for Illinois 4-H Training, Jefferson County, Mt. Vernon
February 1	DEADLINE: IAA Scholarships Due
February 8	Poultry and Rabbit Workshop, Effingham
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



# STATE 4-H 2020 CALENDAR OF EVENTS

## State Coming Events Continued

June 18 – July 17	Outbound to Costa Rica
June 18 – August 6	Outbound to Japan
June 21 – June 26	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 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



## 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:

# 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



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# MEALS FOR A Healthy HEART



## THURSDAY, FEBRUARY 13, 20 & 27, 2020

Senior Activity Center  
216 E Stephenson St.,  
Freeport, IL

1:00 - 3:00 PM

\$20 per person for all three days

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*Serving Jo Daviess, Stephenson and Winnebago Counties*  
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Stephenson: 2998 W Pearl City Rd, Freeport IL 61032 • 815.235.4125  
Winnebago: 1040 N Second St, Rockford IL 61107 • 815.966.4357

# 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

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. (Formerly called the Food Service Sanitation Manager 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.*



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2998 W. Pearl City Rd, Freeport, IL  
Office: (815) 235-4125  
Fax: (815) 232-9006

Visit <http://web.extension.illinois.edu/jsw>



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## WHAT'S HAPPENING AT THE EXTENSION:

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



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

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**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 - 815.986.4357

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**  
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*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)



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

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

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**SR** Senior Resource Center

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

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# 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.