



NEWSFLASH



February 18, 2021

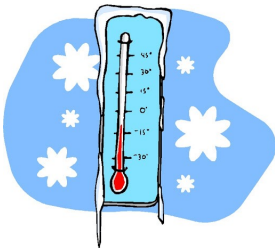
#Opportunity4All

Winnebago County
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go.illinois.edu/jsw

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County Extension
Director

• **Becky Gocken**
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4-H and Youth
Development

• **Tammy Bene'**
Office Support
Associate



Good afternoon 4-H Families,

I hope this Newsflash finds you healthy and warm! It sure has been cold and if we get this snow expected on Sunday, I might have to get out a step ladder to pile it on at the bottom of our driveway! We are definitely ready for some sunshine and warmth!

Thank you to our Beef superintendents and project members for a safe and successful beef weigh in back on February 6th! I was able to be in attendance and they ran that like a well oiled machine. Excellent work everyone!

I also want to thank our leaders that were able to attend last night's leader meeting. Your input and ideas for meetings were extremely helpful and it was great getting to put some faces with names. I look forward to getting to know everyone more!



I am out of the office tomorrow. I will respond to emails on Monday.

Thank you for all you do!

~Becky Gocken

Congratulations to Jacob, Lydia and Nathan Wolfe of the Centerville Knot Ketchers for their winning snow-bear in our snowman contest!

Entry #6



Find us on
Facebook!

WINNEBAGO COUNTY 4-H SNOWMAN CONTEST



Entry #1

Look at all these great snowman entries! Our judges had a challenging time choosing their favorites!



Entry #2



Entry #3



Entry #4



Entry #7



Entry #5



I MADE THAT!

National Nutrition Month Education Kit



MARCH IS NATIONAL NUTRITION MONTH AND THE THEME IS "PERSONALIZE YOUR PLATE"

University of Illinois Extension & 4-H has a fun opportunity to enhance your cooking skills! We are putting together educational cooking kits - designed to inspire the inner chef and help youth gain confidence while working in the kitchen.

REGISTRATION DEADLINE - MARCH 1, 2021

Register for your kit at: go.illinois.edu/jswIMadeThat

Sign up to receive a March cooking kit!

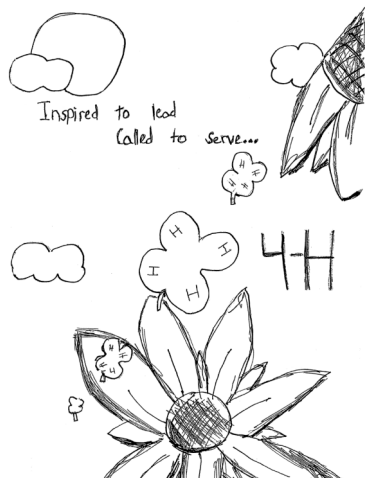
The cost is \$5 per kit. It includes the March "I Made That!" Booklet, a sensory evaluation, fun recipes, and beans to get you started. Each kit also comes with a reusable 8" 4-section comic book design MyPlate!

- Register for your kit @ go.illinois.edu/jswIMadeThat
- Your kits will be available the 2nd week in March for you to pick up at one of our Extension offices in Elizabeth, Freeport, or Rockford, IL.
- You'll then have a few weeks to utilize your kit and make your recipes.
- Complete your sensory evaluation form and upload a photo of your recipe to showcase what you've learned by April 1st!

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



WINNEBAGO COUNTY 4-H INFORMATION:



PROGRAM BOOK COVER CONTEST– With the new 4-H year underway, it is once again time to think about the 2021 4-H Fair Program Book Cover Contest.

All 4-H members are invited to submit a drawing. If chosen, this drawing will be the cover for the 4-H Fair Program Book. The deadline to submit your drawing will be February 28, 2021.

The theme for this year is: “4-H: OPPORTUNITY FOR ALL”

- A fine point black marker or dark pencil works best for copying your picture, so please do NOT use colored pencils. The program book is printed in black and white.
- Please make sure you have the theme title AND the current year somewhere in your drawing.
- Please make sure your text is legible and spelled correctly.
- You may bring your hard copy to the Extension Office or you can scan and email it to me. Please do NOT fax or send it as a picture.
- If you are submitting a hard copy, please include name, age, and club on the back lightly in pencil. If you are emailing it to me, please include the information in the email.



We Want You!

We are looking for individuals to help with the following:

- **4-H Dog Show Superintendent**
- **YLT Members**
- **Holiday Light Display Committee**
- **Leadership & Awards Committee**

Please email Becky @ rgocken@illinois.edu with any questions!

WINNEBAGO COUNTY IMPORTANT DATES TO REMEMBER

FEBRUARY 2021

- 16, 23 **Your Thoughts Matter Virtual SPIN Club, 5:30-6:30 pm**
- 22 Camp Counselor Training, Zoom, 6-8 pm
- 28 4-H Manuals 2nd Quarter Order Deadline
- 28 YLT Application Deadline; Program Book Artwork Deadline

MARCH 2021

- 2, 9, 16, 23 **Your Thoughts Matter Virtual SPIN Club, 5:30-6:30 pm**
- 15 Fair Entry opens for Public Presentations

APRIL 2021

- 1 **Final day to add/change projects in 4-H Online**
- 1 **Enrollment due date to enroll in 4-H Online for ALL new members**
- 10 Camp Counselor Training, Zoom, 9-12pm
- 13 4-H Key Leaders Meeting, 6:30pm
- 21 Winnebago County Public Presentations Contest, Toni's of Winnebago Event Center, 6:30pm
- 18-24 National Volunteer Week

MAY 2021

- 1 Ownership/ Lease Deadline for Horse Show- Due to Ext. Office Swine ownership deadline (No paperwork to Ext. Office)
- 1 Camp Counselor Training, Ogle County Office, 9-3pm
- 15 Ownership for Sheep Wethers and ALL Meat Goats
- 31 Extension Office closed for Memorial Day

JUNE 2021

- 1 Ownership/ Lease Deadline for Dog Show- Due to Extension Office
- 1 Swine Ear Notch form deadline- Due to Extension Office
- 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, Rabbits & Cavies (No paperwork to Ext. Office)
- 4 Babysitting Clinic **Tentative**, Location TBD
- 5 Illinois State 4-H Public Speaking Contest, Richland Community College, Decatur
- 13 Northern Illinois 4-H Horse Show- Stephenson County Fairgrounds
- 15-17 **TENTATIVE** 9am-8pm 4-H Day Camp- no overnight, Rock River Christian Camp, Polo
- 25 Breeding Sheep Ownership deadline
- 30 Wizarding World of 4-H Day Camp **Tentative**, Location TBD



ILLINOIS 4-H VOLUNTEER DEVELOPMENT

4-H VOLUNTEER TRAINING OPPORTUNITY!

During this period when 4-H members find themselves experiencing restrictions associated with gathering with friends and club members face-to-face, having the opportunity to be part of an engaging and fun, yes we said FUN virtual meeting might be the highlight of their week! Register now for this upcoming **Volunteer Training – Leading in a Virtual World!**

If you question whether you have the skills or tools you need to put together a virtual club experience, this webinar will help you become comfortable interacting in a virtual meeting format; and more importantly support you as you include every part of the club meeting virtually. You can conduct club business; engage members in group decision-making; create positive learning experiences; and give members an opportunity to laugh and have fun together! Be sure to encourage your 4-H members in leadership roles to participate as well.

Link to register for the **February 25, 2021** volunteer training opportunity

<https://web.extension.illinois.edu/registration/default.cfm?RegistrationID=23034>

Don't forget - all 4-H volunteers and members in leadership roles who participate in 75% (3 of the 4) Volunteer Café Conversations will receive their very own limited edition 4-H Volunteer Café Conversations Ceramic mug! We have had great participation so far and if you have already attended at least one session, you are on your way to receiving you Café Conversations mug!

4-H VOLUNTEER CAFÉ CONVERSATIONS!

Register to participate in the **4-H Volunteer Café Conversations**. We are so excited to continue this new Illinois 4-H opportunity creating a platform for 4-H Volunteers from across Illinois to meet virtually and discuss topics of interest, share both ideas and challenges. Volunteers will gain access to tools & techniques to support their volunteer efforts, strengthening 4-H club and member learning experiences. We have two upcoming Café Conversation opportunities coming up in the next few months. We will address two topics during each Café Conversation so bring your ideas, questions, and since this is a Café Conversation, feel free to bring a snack!

4-H Volunteer Café Conversation - Thursday, February 18, 2021; 7 PM

TOPICS will include:

It's Cold Outside: Are Your 4-H Clubs Still Hot? Let's Play!

Link to register for the **February 18, 2021** Volunteer Café Conversation:

<https://web.extension.illinois.edu/registration/default.cfm?RegistrationID=22728>

4-H Volunteer Café Conversation - Thursday, May 20, 2021; 7 PM

TOPICS will include:

One for the Project, Two for the Show, Three to Get Ready...Go Clover Go! Summer Fun!

Link to register for the **May 20, 2021** Volunteer Café Conversation:

<https://web.extension.illinois.edu/registration/default.cfm?RegistrationID=22738>

ILLINOIS 4-H INFORMATION:



- Who:** Youth ages 13 and up
- What:** Come to the table at the 2021 Food Action Summit! Share your ideas, vision and passion while you network with Food Advocacy Professionals on a shared vision for future food security, food access and food justice
- When:** May 15th, 9-11am, 12:30-4:30pm (Registration opens March 1st)
- Where:** This virtual summit will take place via Zoom
- Contact:** Mark Becker, mbbecker@illinois.edu



Keynote Address "The Future of Food Justice"- A conversation with Dr. Bobby Smith II, a sociologist and Assistant Professor in the Department of African American Studies at the University of Illinois at Urbana-Champaign.

Get inspired. Get empowered. Share your vision. Strengthen your leadership.



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We're Looking for New Members!

You see them at state 4-H events in their bright green shirts. Now YOU can become an Illinois State 4-H Youth Leadership Team member.

Eligibility: Age 16 to 19

Length of service: Two years

Apply online: go.illinois.edu/4HYLT. Look for the "application" at the bottom of the page.

Deadline: March 15, 2021

The State Youth Leadership Team plans and implements the state Jr. Leadership Conference, plans and teaches the Speaking for Illinois 4-H program, and assists (behind the scenes and in front of the audience) for many other statewide events. Team members have the opportunity to serve on statewide planning committees and advisory groups, including the Illinois 4-H Foundation Board of Directors, Illinois Farm Bureau Youth Education Committee, Illini Summer Academies planning committee, and Teen Leadership Conference planning committee. Members also have the first opportunity to attend National 4-H Conference in Washington, D.C. each spring.

ILLINOIS 4-H INFORMATION:



Tell Your 4-H Story –

Join the *Speaking for Illinois 4-H* Team

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 a virtual training offered on **Saturday, March 6**.

This virtual 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, put that story into words, and 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.

**Illinois
Extension**



Registration is open NOW @: <https://4h.extension.illinois.edu/events/speaking-illinois-4-h-training>.

4-H Memorial Camp is currently working on summer programming plans for 2021. Different programming options are being developed to align with Phase 4 and Phase 5 of the Restore Illinois Plan. The [camp website](#) will be updated with information concerning both camping and summer employment as decisions are made.

4-H Shooting Sports Leader Certification Training

9am – 7pm; Saturday, June 5, 2021

Location: 4-H Memorial Camp, Monticello, IL

Registration Details Coming Soon.



We're proud to join the Invisalign® brand in their search for **100** deserving teens dedicated to making a difference in their communities to be recognized as Invisalign® ChangeMakers!

Each of these teens will be celebrated at a virtual event and awarded **\$5,000 cash** to fund their service projects or help support their educational or personal goals. Help us celebrate those making a difference by sharing with the teens and parents in your life!

All teens ages 13 – 19 can apply now through March 31, 2021 by sharing how they're creating positive change in their communities, schools and world.

ILLINOIS 4-H INFORMATION:

2021 National 4-H Youth Agri-Science Virtual Summit

Registration is now open for the 2021 Youth Agri-Science Virtual Summit. This is a great opportunity for high school students to develop the skills and knowledge needed for the challenges facing agriculture, food security, and sustainability. Students will work with each other and experts in the agricultural community in this collaborative, hands-on educational setting.

Register here: <https://4-h.org/parents/national-youth-summits/#agriscience>

Registration closes on **Friday, February 19th.**

Contact Mark Becker with any questions at mbbecker@illinois.edu



INTERESTED IN SHARING YOUR 4-H STORY?

Interested in sharing your 4-H story for a 4-H Alumni profile? We are seeking 4-H alumni to share their 4-H story to be highlighted on our social media accounts for a "Member Monday" 4-H profile!

Click here "[share your 4-H Story](#)" today!



The Illini Summer Academies will be virtual this summer! With the recent risks of COVID 19, Illinois 4-H is bringing the University of Illinois campus to our youth across the state!

Registrations open on Wednesday, February 17, 2021.

Trailblazer scholarship: Do you feel like a *Trailblazer*?

Like you've paved the way for others around you? Be a part of the virtual Illini Summer Academies experience and get the opportunity to attend a college exploratory camp that you will never forget! The Trailblazer scholarship is open to first generation, low income youth in the state of Illinois. This is a full scholarship! Apply by **February 28, 2021**

Visit our website for more information: For more information, visit our [website](#) or contact us at illini-4h@illinois.edu

ILLINOIS 4-H INFORMATION:



If you do gardening with kids or have them do service projects such as bring food to food pantries, you might see something on our NDSU Extension webinar list you want to attend.

<https://ndsus.us8.list-manage.com/subscribe?u=b303ec77430a20180bc6a4b92&id=502444b486>

Sign up below to register for the Field to Fork Weekly Webinars from NDSU. Depending on your state, you might see some familiar names!

The free webinars will be held each **Wednesday from 2 to 3 p.m. Central time February 10 through April 21**. They will be archived for later viewing; however, participating in the “live” webinar allows you to interact with the presenter.

When you sign up, you'll receive two reminder emails, a link to an evaluation survey, and a message about how to access the recording for each of the 11 webinars below:

- Feb. 10: Shopping in a Garden Center: Tips for Customers and Managers - Don Kinzler, NDSU Extension agent - horticulture, Cass County
- Feb. 17: Growing Safe Produce for Distribution to Food Pantries - Barbara Ingham, professor and Extension food science specialist, University of Wisconsin-Madison
- Feb. 24: Hot Topics in Food Preservation - Karen Blakeslee, Extension associate, Kansas State University
- March 3: High Tunnel Cut Flower Production - Esther McGinnis, associate professor and Extension horticulturist, NDSU
- March 10: The Best Vegetable Varieties for 2021 - Tom Kalb, Extension horticulturist, NDSU
- March 17: Weed Control in the Home Garden - Randy Nelson, Extension home horticulture and agriculture production systems educator, University of Minnesota
- March 24: The “Good” Creepy Crawlers in Your Garden - Janet Knodel, professor and Extension entomologist, NDSU
- March 31: Maple Syrup Production - Joe Zeleznik, Extension forester, NDSU
- April 7: Hot Topics in Nutrition: Why Eat Fruits and Vegetables, Anyway? - Julie Garden-Robinson, professor and food and nutrition specialist, NDSU
- April 14: Tips for Selling Food Safely at Farmers Markets - Londa Nwadike, food safety specialist, Kansas State University and the University of Missouri
- April 21: How to Start a New Food Business - Amy Illg, program administrator, North Dakota Department of Health, Division of Food and Lodging

Illinois Extension

ILLINOIS 4-H INFORMATION:

June

Horse Show Events at the Illinois State Fair Grounds

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1	2 Region XI Arabian Show Non Fair Show	3 Region XI Arabian Show Non Fair Show	4 Region XI Arabian Show Non Fair Show	5 Region XI Arabian Show Non Fair Show
6 Region XI Arabian Show Non Fair Show	7	8	9	10	11	12
13	14 Set up for Midwest Charity Non Fair Show	15 Set up for Midwest Charity Non Fair Show	16 Set up for Midwest Charity Non Fair Show	17 Midwest Charity show starts Non Fair Show	18 Midwest Charity Show Non Fair Show	19 Midwest Charity Show Non Fair Show
20 Take down Midwest Charity Décor Non Fair Show	21 Western Show Appaloosa & POA Show Move in State Fair Show	22 Western Show Appaloosa & ? POA Show State Fair Show	23 Western Show Appaloosa & ? POA Show State Fair Show	24 Non Fair Show	25 Non Fair Show	26 Centerline Dressage Show Non Fair Show
27 Centerline Dressage Show Non Fair Show	28 Non Fair Show	29 Western Paint Show Move in State Fair Show	30 Western Paint Show State Fair Show			

2021

July

Horse Show Events at the Illinois Fair Grounds

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 Western Paint Show AQHA move in State Fair Show	2 Western AQHA Show State Fair Show	3 Western AQHA Show Barrel Racing in MPA State Fair Show
4 Barrel Racing in MPA State Fair Show	5 Palomino World Show Move in Non Fair Show	6 Palomino World Show Non Fair Show	7 Palomino World Show Non Fair Show	8 Palomino World Show Non Fair Show	9 Palomino World Show Non Fair Show	10 Palomino World Show Non Fair Show
11 Palomino World Show Non Fair Show	12 Palomino World Show Non Fair Show	13 Palomino World Show Non Fair Show	14 Palomino World Show Non Fair Show	15 Palomino World Show Non Fair Show	16 Palomino World Show Non Fair Show	17 Palomino World Show Non Fair Show
18 Clean Stalls	19 Western Reining Show move in State Fair Show	20 Western Reining Show State Fair Show	21 Western Reining Show State Fair Show	22 Western Reining Show State Fair Show	23 Western Reining Show State Fair Show	24 Western Reining Show State Fair Show
25 Jr Horse Show Schooling over jumps. In the After noon 4:00 to 8:00	26 Jr Horse Show English Dressage, Jumping Hunt Seat Saddle Seat	27 Jr Horse Show English Showmanship Conformation Equitation	28 Jr Horse Show Tail Class, Traditional & Stock Pattern Costume Class Scholarship Class	29 Jr Horse Show Western Ranch Riding & Pleasure & Horsemanship	30 Jr Horse Show Western Horsemanship Gymkhana in the MPA in the afternoon	31 Jr Horse Show Western Conformation Showmanship, Egg & spoon Versatility

2021

ILLINOIS 4-H INFORMATION:

August

Horse Show Events at the Illinois State Fair Grounds

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 Jr Horse Show Western Pleasure Reining State Fair Show	2	3	4	5	6 Society Horses move in	
8	9 1 st Session Society Horse Show	10 1 st Session Society Horse Show	11 1 st Session Society Horse Show	12 1 st Session Society Horse Show State Fair Starts	13 1 st Session Society Horse Show Draft Horse move in	14 Draft Horses move in Livestock show of champion
15 Draft Horse Show	16 Draft Horse Show	17 Draft Horse Show Livestock Sale	18	19 2 nd Session Society Horse Show	20 2 nd Session Society Horse Show	21 2 nd Session Society Horse Show
22 Draft Horse Pull in the afternoon	23	24	25	26	27	28 Western Mounted Shooting State Fair Show
29 Western Mounted Shooting State Fair Show	30	31				

2021



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ILLINOIS 4-H INFORMATION:

2021 Illinois 4-H Dates

February 17	Illini Summer Academies Registration Opens
February 18	Volunteer Café Conversations
February 19	DEADLINE: Agri-Science Virtual Summit Registration
February 28	Last day to apply ISA Trailblazer scholarship
March 1	4-H Shooting Sports Leader Training Registrations open 6/5 & 7/24
March 1	May Food Action Summit Registrations Open
March 4	DEADLINE: Speaking for Illinois 4-H Training Registration
March 5-7	2021 Agri-Science Virtual Summit
March 6	Speaking for Illinois 4-H Training (Virtual)
March 6	Dairy Quiz Bowl
March 13	Virtual Regional Hippology Contest
March 19	Discovering STEM in ACES event registration deadline
March 13	Virtual Regional Horse Bowl Contest
March 24	Illini Summer Academies Registration Closes
March 31	Registrations close for the Food Action Summit
Late April (TBD)	State 4-H Horse Judging Contest
April-May (TBD)	YQCA
April 24 & 25	Youth Livestock Conference
April 25	True Leaders Service Day
May 15th	Illinois 4-H Food Action Summit
May 20	Virtual Volunteer Café Conversations
May 31	DEADLINE: State 4-H Public Speaking Contest Submissions Due
June 4	State 4-H Livestock Judging Contest
June 5	4-H Shooting Sports Leader Training at 4-H Memorial Camp
June 5	State Public Speaking Contest
June 27 – July 1	Illini Summer Academies (Virtual)
July 11- 23, 2021	Discovering STEM in ACES is a two-week virtual experience
July 24	4-H Shooting Sports Leader Training at Camp Gardner in Hull
July 25 – August 1	ISF Junior Horse Show
July – August	In-Bound Summer 2021



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

WHAT'S HAPPENING AT THE EXTENSION:



25th Annual Stateline Fruit & Vegetable Growers Conference

Virtual events held in February 2021

Thursday Tracks

February 18 | 1:00-3:30PM - Fruit Diseases & Insects

February 25 | 1:00-3:30PM - Vegetable Diseases & Insects

Friday Events

February 12 | Noon-1:00PM - Hard Cider Production

February 19 | Noon-1:00PM - Pumpkin Varieties

February 26 | Noon-1:00PM - High Tunnel Production

Visit for more information & registration:
go.illinois.edu/stateline2021

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Rural Pond
Management Webinar
March 30, 7-8:30 pm

Illinois
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REINVIGORATING PASTURES AND EXPANDING GRAZING
MARCH 3, 10, 17, AND 24, 2021
6:30 TO 8:00 P.M.

2021 Northwest Illinois Grazing Conference



Illinois
Extension

UNIVERSITY OF ILLINOIS EXTENSION

To stay up to date on all of our programs, visit our web page:
extension.illinois.edu/isa
and follow us on Facebook @UnitOneExtension and YouTube

Jo Daviess County
204 N Vine, Elizabeth
815-858-2273

Stephenson County
2998 W Pearl City Rd, Freeport
815-235-4125

Winnebago County
1049 N Second St, Rockford
815-986-4357



2021 Northwest Illinois Grazing Conference

6:30-8:00 pm

March 3: Am I a Regenerative Grazer?
March 10: Be Creative, Identifying Alternative Grazing Opportunities
March 17: Extending the Grazing Season
March 24: Encouraging Maximum Grazing and Weed Control, Putting the Pieces Together

The theme for this year's conference is "Reinvigorating Pastures and Expanding Grazing" which will be brought to you via Zoom:
"Thinking creatively early is the first step to insuring adequate pasture throughout the season" comments Stanley Solomon. Grazers often struggle with sufficient forage during the "summer slump" and run out of grazable forage during the fall. "Planning puts you in control of the options rather than becoming reactionary during these situations," adds the University of Illinois Extension Educator.



Certified Livestock Manager Training

Thursday, March 4, 2021

9:00 am - 1:00 pm

\$40 Registration Fee per person

According to the Livestock Management Facilities Act (LMFA), livestock facilities in Illinois that house more than 300 animal units are required to have at least one certified livestock manager. You must attend the whole webinar (about 4 hours) to be eligible for your certificate. After the webinar, those with over 1,000 AU will be required to log in and take the 40-question online test in lieu of the IDA's paper-based test.

Online training is also available at go.illinois.edu/CLMT



Stateline Fruit and Vegetable Growers Conference

Thursday, February 18 (Fruit Track) 1:00 - 3:30 PM

Thursday, February 25 (Vegetable Track) 1:00 - 3:30 PM

With additional sessions on Fridays in February.

Friday, February 12 - Hard Cider Production

Friday, February 19 - Pumpkin Varieties

Friday, February 26 - High Tunnel Production Updates

12:00 - 1:00 PM

"Each year, we have University of Illinois Extension specialists deliver research based information to give growers timely updates to better manage their crops for the upcoming season," states Grant McCarty, Local Foods and Small Farms Educator for Jo Daviess, Stephenson, and Winnebago counties. "We also cover topics that growers are interested hearing more about like pumpkin varieties and high tunnel production."

Northwest Illinois

Agronomy Summit

February 16 - "Climate Change and Impacts in Northwest Illinois"

February 23 - "Corn Rootworm Management"

February 25 - "Cover Crops in Northern IL/Southern WI and Combine

Cleaning to reduce weed seed movement"

March 2 - "Updates in Disease Management"

March 4 - "Grain Bin Entry"

March 9 - "Will the novel soybean herbicide tolerance traits solve my

pigweed and ragweed problem?"

March 11 - "The importance of scouting to mitigate risk for fungicide

resistance development"

All sessions will be held from 1:00 - 2:00 PM

This live series will consist of weekly sessions to provide valuable updates for Midwestern corn and soybean producers while allowing them the opportunity to ask questions and discuss with the experts.

Health at Home: Healthy Eats for a Healthy Beat

February 18 - Get The Scoop on Sodium

February 25 - Facts on Fats

March 4 - Focus on Fiber

March 11 - Life is Sweet: Eat Smart for Your Heartbeat

11:00 AM

Tools and resources for making heart-healthy decisions about what goes on your plate! Each 30-minute class will explore key nutrients for improving heart health, followed by a live food demonstration showing how to prepare a heart-healthy meal.

Certified Food Protection Manager certification

March 8, 9 & 10, 2021

Testing on March 12, 2021

9:00 AM - Noon

Those receiving this certification have specialized training regarding the safe handling, preparation, and storage of food to help prevent foodborne related illnesses. The certificate is valid for five years from the exam date and must be retaken once a certificate expires.



Understanding how Stress Impacts Hunger & Appetite

March 25, 2021

1:00 - 2:30 PM

Increase your awareness of how emotions and stress affect eating habits and increase your ability to identify emotional triggers leading to emotional eating, and provide helpful steps for you to reach your wellness goals.



"Rural Resiliency: Caring for You and Yours"

March 2, 9, 16 & 23, 2021

7:30 PM

This webinar series is a discussion starter and healthy mindset promoter for dealing with rural behavioral and brain health, communication skills, and relationship enrichment for self, marriage and families

GARDENING QUESTIONS?

Our Master Gardener Helpline is open and ready to help. Fill out our online form to help us serve you better. Or call us with your question.

University of Illinois, U.S. Department of Agriculture, Local Extension Councils Cooperating, University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate, email uie-jsw@illinois.edu. Early requests are encouraged to allow time to meet individual requests.



Private and Commercial Applicator Training & Testing

In Person Testing Only

Tuesday, March 2,

9:00 AM - 1:00 PM

Stephenson County

Farm Bureau

Pre-registration is

REQUIRED

Limited seating so be

sure to register early!!

Links to the Illinois Department of Ag website that lists the limited in person testing sites.

Manuals and workbooks are available for purchase at all three of our Extension offices.



Your Thoughts Matter

4-H Spin Club

February 16 - March 23

5:30-6:30 PM

University of Illinois

Extension is hosting a six-part

online series for youth ages

13 and older called "Your

Thoughts Matter." This 6-part

virtual series will help teens

learn to define mental health,

how to talk about it with

family and friends, and how

to help themselves and

others.



I Made That! National

Nutrition Month

Educational Kit

Registration ends

March 1, 2021

Kits available for pick-

up the second week of

March

Educational cooking kits-

designed to inspire the inner

chef and help youth gain

confidence while working in

the kitchen. This fun kit will

show you new and delicious

ways to cook with beans.

Open to all youth.



Severe Weather

March 11, 2021

1:00 pm

Thunderstorms pack high

winds, heavy rain, lightning,

and potentially tornadoes.

To learn more about these

phenomena, join Extension

Educator Duane Friend as he

discusses types of

thunderstorms and how they

form, forms of lightning and

what research is learning

about lightning.



Therapeutic Value of

Nature

February 16, 2021

1:30 pm

Join University of Illinois

Extension horticulture

educator, Mary M. Fischer, as

she presents research-based

studies to support the healing

powers of Nature.

