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# MADISON COUNTY 4-H Family News



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Madison County 4-H

## Looking for ways to stay connected?

Take a minute to sign up for the following FREE services so that you can continue to meet with your clubs and also join in on the meetings, talks, and demonstrations that Extension will be hosting during this time of shelter in place:

- ♦ Zoom: <https://zoom.us/>



- ♦ Skype: <https://www.skype.com>  
(phone apps also available)



## Physically distant...socially connected

### CLOSURES

Just a reminder that all 4-H related activities, including meetings are cancelled through May 31st or until we have been cleared to return to work.



**Monroe County Office**

901 Illinois Ave., PO Box 117  
Waterloo, IL 62298  
618-939-3434, 618-939-7708 Fax

**Office Hours:**

Monday- Friday:  
8:00 a.m. — 4:30 p.m.

**Madison-St. Clair County Office**

1 Regency Plaza, Suite 200  
Collinsville, IL 62234  
618-344-4230, 618-344-5602 Fax

**"To Make the Best Better"**

## Activities for March



**Calm Jars:** Used to help lead kids through positive self talk practices.

**Supplies:** glass jar, decorations, paper

**To Make:** Decorate your glass jar any way you like, then write positive, calm phrases on small strips of paper that you can place into your jar. (I am calm, I am confident, I am a worthy person, I am loved, etc.) Print some at [4-H.org/CalmCards](https://4-H.org/CalmCards)

**Activity:** Sit in a calm, safe space.

- ◆ Begin by taking several deep breaths.
- ◆ Take each slip out, one at a time, and read aloud while taking a deep breath.
- ◆ Use the cards to calm your stress, nerves or anger.
- ◆ Cards can also be used daily by selecting a new one each day.

**Fruit Salad:** Make a delicious snack to share with your family.

**Ingredients:** 2 apples, 1/2 C. strawberries, 1/3 C. peaches, 1/4 C. grapes, 3/4 C. orange juice, 1 T. lemon juice, juice of 1/2 grapefruit

**Supplies:** Measuring cup & spoons, knife, hand juicer, mixing bowl

**Activity steps:**

- 1) Chops apples, strawberries, peaches and grapes; place fruit in bowl.
- 2) Pour lemon juice, grapefruit juice, and orange juice over the fruit.
- 3) Stir well, serve, and enjoy.



### Write Thank You Letters

Think about all of those people in your life who are there to support you and help you grow, including your parents, grandparents, siblings, extended family, 4-H leaders, teachers, etc. Take some time

to write them letters letting them know how much they mean to you following these letter writing tips:

- ◆ Address the person appropriately. "Dear" is a lovely way to begin
- ◆ Say thank you. Actually use those words in the first sentence or two so they know why you are writing.
- ◆ Give some specifics. Let them know why you are saying thank you by giving them some examples of how they are important to you.
- ◆ Personalize each letter. Let that person know you are speaking directly to them by using their name and specific ways they have touched your life.
- ◆ Have a proper ending. "Sincerely" or "Love" is always a nice way to finish.

### Take a Virtual Field Trip!

Are you tired of sitting at home during this extended shelter in place? Try escaping through your computer, phone or tablet:



- ◆ The San Diego Zoo has a website just for kids with amazing videos, activities, and games: <https://kids.sandiegozoo.org/>
- ◆ Tour Yellowstone National Park: <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
- ◆ Explore the surface of Mars on the Curiosity Rover: <https://accessmars.withgoogle.com/>
- ◆ This Canadian site FarmFood 360 offers 11 virtual tours of farms from minks, pigs, and cows, to apples and eggs: <https://www.farmfood360.ca/>

**Thanks to Laura Ohren from Pin Oak Progressors 4-H Club for providing the above resources**



| Organization                                 | Information  | Amount  | Deadline       | Website   |
|--|--|---------|----------------|---|
| Lucille and Lester Korsmeyer 4-H Scholarship | A scholarship for four consecutive years is available to a high school senior who's been actively involved in 4-H for at least four years. Applicant must be from Madison, St. Clair or Monroe County and must have a minimum 3.0 GPA. | \$1,000 | April 17, 2020 | <a href="https://extension.illinois.edu/sites/default/files/fillable_lucille_lester_korsmeyer_scholarship_2020.pdf">https://extension.illinois.edu/sites/default/files/fillable_lucille_lester_korsmeyer_scholarship_2020.pdf</a> |



### Lucky Horseshoes 4-H Club

Participated in the Illinois Horse Fair in Springfield on March 7. They had 6 participants.

Lainey Knight (pictured on the left) placed 4th overall as an individual in the Junior Division.

Katie Saenz (pictured on the right) placed 3rd overall as an individual in the Senior Division.

Mia McAfoos (not pictured) placed 9th overall as an individual in the Senior Division.

The girls had to judge 7 diverse groups of horse.

Each girl received a medal for their placing.



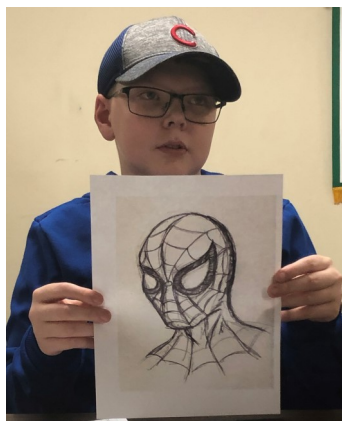
### Dairy Quiz Bowl

Congratulations to Zachary Paul from the Alhambra Morning Glories 4-H Club!

Zachary was asked to be a member of the 2020 IL 4-H Dairy Quiz Bowl Team that will compete at the National Contest in Louisville KY.







### **Cloverleaf Ag and Cloverleaf Ag Cloverbuds**

The Cloverbuds learned all about testing soil samples with help from their leader Trecia Winte and went home with worm habitats.

**Conner Green** (2nd from the right) is learning how to use Adobe Illustrator to do his Visual Arts Project by watching YouTube tutorials.

**Alan Winte** gave a fishing demonstration. His favorite fish to catch is Bass because they put up a good fight!



### **Grant Prairie 4-H Club**

**Morgan Dressler** (left) gave a demonstration on how to make bracelets out of rubber bands.

**Lilly Andrews** (2nd from the left) gave a talk about a weaving project.

**Taylor Dressler** (middle) talked about a vocal solo she sang at a competition and showed the award that she won.

**Parker Dressler** (2nd from the right) talked about how to blend paint colors.

**Wyatt Choat** (right) gave a demonstration on how to golf and what the different clubs are.

### Looking for ways to stay 4-H busy?

- ♦ Continue working on your 4-H projects, share them with us on Facebook or consider making a video about your journey.

- ♦ Download 4-H activity guides for lots of fun activities

<https://4-h.org/about/inspire-kids-to-do/>



- ♦ Follow us on Facebook and watch for ways to interact with us University of Illinois Extension: Madison County 4-H

- ♦ Work on community service throughout April

[https://4h.extension.illinois.edu/clubs/  
community-service-resources](https://4h.extension.illinois.edu/clubs/community-service-resources)

### Interested in Journalism?

If you would like to learn about everything that goes into print journalism, (photography, writing, interviewing, etc.) then this might be for you!

Stephanie Malench of the Troy-Times Tribune will be offering a Journalism 4-H SPIN club. Our next Zoom meeting is April 15 at 7pm.

Interested? Email me at [angielyn@illinois.edu](mailto:angielyn@illinois.edu)



### 4-H Shooting Sports Program on Hold



We had some individuals that were going to receive training in

March in order for us to continue providing shooting sports opportunities to our 4-H youth. Unfortunately with the cancellation of the training it has put us in a holding pattern. We hope to still offer several disciplines of shooting sports so please look for more information on that in the near future.



### 4-H Food Advocacy Team

If you are looking for a way to serve your community by improving food

security and food access while strengthening your leadership, communication and advocacy skills, you should apply for this opportunity.

Applications and references are due May 2.

Application Link: <https://go.illinois.edu/Illinois4-HFoodAdvocacyTeamApplication>

Professional Reference Link: <https://go.illinois.edu/Illinois4-HFoodAdvocacyTeamReference>



### 4-H Members enrolled in Fishing 1, 2, or 3 could win big this Spring!

Between April 17-May 15 you can enter a statewide fishing contest via smartphone.

New spinning rod and reel combos will be given away weekly to the longest largemouth bass and channel catfish entered.

You can find more information about this event and others here :

<https://4h.extension.illinois.edu/events>



Join 4-H members and clubs across the nation on April 25 and even throughout the month of April in community service projects:

- ◆ Write and mail cards to those who are socially isolated (nursing homes, assisted living facilities, etc.)
- ◆ Organize a group online to teach and share something you have learned from 4-H.
- ◆ Sew PPE masks to donate to a local hospital that may be in need.

[go.illinois.edu/4Hdayofservice](https://go.illinois.edu/4Hdayofservice)



Join us in thanking our 4-H volunteers! They put in countless hours throughout the year to make sure that our youth are learning and growing. They include our club leaders, our livestock superintendents, and our judges.

Try sending a card, some flowers, or a box of candy. Make a short appreciation video. Or simply make a phone call and tell them directly how much you appreciate them.

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