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4-H Family News****County Director**  
Amy Cope**4-H Youth Development  
Educators**  
Rachel Hazen  
Katrina Galati**4-H Program Coordinators**  
Angie Abernathy  
Kelly Brandt**Office Support**  
Paige Brown  
Patty Stanton  
Mary Kay Rahn

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[web.extension.illinois.edu/  
mms](http://web.extension.illinois.edu/mms)

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University of Illinois Extension:  
Madison County 4-H

Soon you should see these signs popping up throughout your neighborhood as soon as our 4-H leaders and parents are able to get them from the Extension office.



We would like to thank the 4-H Foundation for their support in funding this yard sign project!

<https://4hfoundation.illinois.edu/>

**CLOSURES**

Just a reminder that all 4-H related activities, including meetings have been cancelled or moved to an online format through July 5.

**Wanted:**

- **Reporters**
- **Photographers**
- **Cartoonists**

**Journalism Club Needs You!**

**Contact [angielyn@illinois.edu](mailto:angielyn@illinois.edu) to see your work published in the Troy Times-Tribune!**

**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

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## Activities for May



### Go outside with your family and get some fresh air!

While you are there, make some observations...what do you see? What do you hear? Can you make some sketches of what is around you? How about if you take a trash bag and some gloves so that you can practice Leave No Trace? It is always nice to leave someplace better than it was when you got there. You can get more information here: [4-H.org/hiking](https://4-H.org/hiking)



### Salad by Faith Winter of the New Douglas Cloverbuds

Faith loves to make salads for her family and her favorite salads contain iceberg lettuce,, sharp cheddar cheese shredded, croutons, carrots and broccoli.

For more salad recipes visit: <https://www.foodnetwork.com/recipes/articles/50-simple-salads>

For more information on preparing healthy meals visit: [4-H.org/HealthyMeals](https://4-H.org/HealthyMeals)

### Make Face Masks

If you have a little bit of sewing ability, consider sewing some face masks that can be donated to local healthcare professionals to help protect them against COVID 19.

Check out this website to see where the needs are:

[www.masksforheroes.com](http://www.masksforheroes.com)

You can watch the video tutorial below to get instructions on how to sew these simple masks:

<https://sweetredpoppy.com/how-to-sew-a-bias-tape-surgical-face-mask-with-flexible-nose/>

**This would be a GREAT community service project!**



### Take a Virtual Field Trip Part 2!

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



- ♦ Travel to Paris, France to see amazing works of art at The Louvre:  
<https://www.louvre.fr/en/visites-en-ligne>
- ♦ This Virtual Tour of the Great Wall of China is beautiful and makes history come to life:  
<https://www.thechinaquide.com/destination/great-wall-of-china>
- ♦ This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies:  
<https://britishmuseum.withgoogle.com/>

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



Organization	Information	Amount	Deadline	Website
4-H Youth in Action Award	The 4-H Youth in Action Program recognizes 4 confident young leaders with diverse backgrounds and unique perspectives in our core pillar areas: agriculture, civic engagement, healthy living and STEM.	\$5,000	May 18, 2020	<a href="https://4-h.org/parents/4-h-youth-in-action-awards/">https://4-h.org/parents/4-h-youth-in-action-awards/</a>

## Educator Spotlight

Our 4-H Educators Katrina Galati and Rachel Hazen work hard to provide valuable services to our schools, after school programs and summer camps. Because they are unable to reach youth through those programs at this time, they have focused on making educational videos which they are sharing with us on Facebook and on our new You Tube channel. Please follow us on Facebook at <https://www.facebook.com/University-of-Illinois-Extension-Madison-County-4-H-309169712606683/> and on You Tube at <https://www.youtube.com/channel/UCcgUyNuFs9HEfghphWMnCXw/featured>.

## Online Learning with 4-H

Join us on Facebook at 2:30 p.m. CT on the dates below for a hands-on, virtually guided 4-H activity!

Videos will be **posted** or **LIVE** at the following Facebook Page:  
[University of Illinois Extension-Madison, Monroe, and St. Clair Unit](#)  
 Videos will also be shared to the [Madison](#), [Monroe](#), and [St. Clair](#) 4-H Facebook pages.

Hosted by University of Illinois  
Extension 4-H Educators!



- 🍏 April 14-16: Healthy Cooking with Limited Items
- 🍏 April 21-23: Life Skills
- 🍏 April 28-30: Spread Kindness
- 🍏 May 5-7: Forensic Science
- 🍏 May 12-14: Explore the Outdoors
- 🍏 May 19-21: College and Career Readiness
- 🍏 May 26-28: Generosity

- 🍏 April 17: **Cloverbud** Friday!
- 🍏 April 24: **Cloverbud** Friday!
- 🍏 May 1: **Cloverbud** Friday!
- 🍏 May 8: **Cloverbud** Friday!
- 🍏 May 15: **Cloverbud** Friday!
- 🍏 May 22: **Cloverbud** Friday!
- 🍏 May 29: **Cloverbud** Friday!

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 If you need a reasonable accommodation to participate in the program, please contact the Madison-Monroe-St. Clair Unit.  
 Early requests are strongly encouraged to allow sufficient time for meeting your access needs.

## April's Club Challenges

### Challenge 1

April 3-April 9



This weeks challenge was to get outside and go for a walk/hike. While outside you were to do some community service by picking up trash or helping your parents with yard work.

Congratulations Madelyn Winning! You did a great job on roadside cleanup. Madelyn won a 4-H T-shirt of her choice from shop4-H.org.

### Challenge 2

April 10-April 16

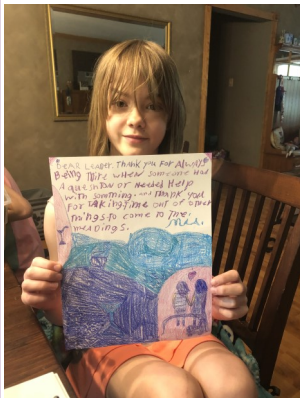


This weeks challenge was to plan and make a healthy meal or snack for yourself and/or your family and share your recipe (see page 2).

Congratulations Faith Winter! Faith made her family salads this week. She won her choice of cookware/kitchenware from shop4-H.org.

### Challenge 3

April 17-April 23



This weeks challenge was to write a thank you letter to a 4-H volunteer that has had a big impact on you and acknowledge them on social media.

Congratulations Mia Abernathy! You made a lovely Thank You letter for your 4-H Leaders.

Mia won her choice of stationary/office supplies from shop4-H.org.

### Challenge 4

April 24-April 30



This weeks challenge was to perform some community service project and share your project with us.

Congratulations Alan Winte! He not only picked up sticks from a neighbors yard after a heavy rainfall, but he also gave a painted rock to a neighborhood nurse that read "nurses rock"



## Senior Spotlight

Congratulations to all of our 4-H Seniors! We have loved watching you grow over the years and can't wait to see what you become in the future.



- ♦ CARLIE METTLER-Grant Prairie
- ♦ ELIZABETH THOMPSON-Pin Oak Progressors
- ♦ FAITH FELDMANN-Prairie Youth
- ♦ HANNAH FELDMANN-Prairie Youth
- ♦ HANNAH SHEAHAN-Pin Oak Progressors
- ♦ KAYLEE BARLOW-G.C. Novas
- ♦ KELSEY KNEBEL-Grant Prairie
- ♦ KYRAN GLAZE-Pin Oak Progressors
- ♦ MACKENZIE MYER-Alhambra Morning Glories
- ♦ MADDIE SAENZ-Lucky Horse Shoes
- ♦ MICHAELA TILLERSON-Pin Oak Progressors
- ♦ TRINITY PFALZGRAF-Pin Oak Progressors
- ♦ ZACHARY PAUL-Alhambra Morning Glories
- ♦ ZANE FELDMANN-Prairie Youth



Be sure to follow us on Facebook as we post Senior Spotlights for these outstanding Senior 4-H'ers throughout the month.

Best of Luck on your Future Endeavors!

## Stop horsing around and show what you know at this year's virtual Hippology contest!



**What is Hippology?** Hippology is the study of horses.

**What is a Hippology Contest?** A hippology contest is a way for 4-H youth to demonstrate their knowledge on equine science. You do not have to be enrolled in a horse project to participate.

**To participate, please fill out and email the following form:** [https://drive.google.com/file/d/1bQhWY67IQndJnwEG\\_EgugEff3t5mhTxq/view](https://drive.google.com/file/d/1bQhWY67IQndJnwEG_EgugEff3t5mhTxq/view)

Contact your Extension office to complete registration: [angielyn@illinois.edu](mailto:angielyn@illinois.edu).

The contest is on May 9, 2020, 10am-2pm. The deadline to enter is May 4, 2020 by 8am.

## ILLINOIS 4-H STATE & NATIONAL OPPORTUNITIES

**VIRTUAL EVENT  
HOSTED BY IL 4-H  
YOUTH LEADERS**

WEDNESDAY MAY 6  
4-6 PM VIA ZOOM

FOR MORE INFO & REGISTRATION:  
[GO.ILLINOIS.EDU/TEENLEADERS](http://GO.ILLINOIS.EDU/TEENLEADERS)

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## Are you a 4-H Alumni?

Please join us in sharing your passion and your story!

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

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

Instagram: **#IL4halumni**

Linked In: <https://go.illinois.edu/LinkedIn4HAlumni>



### Nondiscrimination Statement

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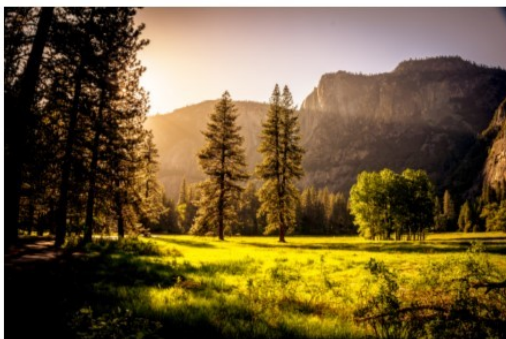
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# 4-H YOUTH DEVELOPMENT



## FAMILY TIME

### Why Not Choose

### Outdoor Adventures

### 4-H EVERYDAY SPORTSMAN'S SKILLS CHALLENGE LEVEL I

As more levels become  
available, your local  
Extension office will  
contact members.

I am always looking for ways to build some family time into our hectic schedule with everything going on in today's world. What better way to have some family bonding time than getting outdoors and exploring and learning about survival skills. The 4-H Everyday Sportsman's Skills Challenge gets the whole family involved. There are three levels of the challenge.

Level I is focused on:

- **Methods of finding directions without a compass**
- **Everyday Cooler Packing**
- **Everyday Flashlight**

### How do you become involved in the challenge???

Contact your local Extension office ([Angie.angielyn@illinois.edu](mailto:Angie.angielyn@illinois.edu)) and let them know you want to JOIN CHALLENGE and when you are finished let Angie know AND she will "TEST YOUR KNOWLEDGE." Once your local 4-H staff person is convinced, they'll email the State Contact your name and county of residence. Then, you can move up a Level and learn more! Your name will be entered once into a random drawing each time you complete a skill level! Ten winners will be drawn on July 15, 2020 for a very high quality 4-H Everyday Sportsman's Multi-Tool (\$50 value) that will last a lifetime!

