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MONROE COUNTY 4-H Family News



4-H SHOWBOOK & SHOW REGISTRATION

Please review the 4-H Showbook for class guidelines for
General Projects: <https://go.illinois.edu/Showbook-General>

Please review the 4-H Fair Showbook for class guidelines for
Livestock, Horticulture & Crops: <https://go.illinois.edu/FairShowbook>

*To register to exhibit, please follow these instructions:

<https://go.illinois.edu/FairEntryDirections>

(Show-a-Rama by June 15, Fair by June 22)

Interim County Director
Lynn Heins

4-H Youth Educator
Emily Reece

4-H Program Coordinator
Kelly Brandt

Office Support
Mary Kay Rahn

Visit our website:
web.extension.illinois.edu/mms

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Monroe County 4-H

University of Illinois Extension-
Madison, Monroe and St. Clair Unit

Follow us on Instagram:
Monroe County IL 4-H
Madison, Monroe, St. Clair- IL

4-H SHOW SCHEDULE

Food Demonstration Show: Monday, June 6, 7:00 p.m., Monroe County Annex

Horse Show (Rescheduled): Saturday, June 11, 9:00 a.m., Monroe Co. Fairgrounds

Show-A-Rama: Saturday, June 25, 8:30-10:30 a.m., Immanuel Lutheran Church-Waterloo (Project Recognition:12:30 p.m.)

Monroe County Fair: July 24-31, Monroe County Fairgrounds

Monroe County Day at IL State Fair: Friday, August 12, Illinois State Fairgrounds, Springfield

Parents, Members & Volunteers:

As our office continues to be short-staffed as we move into busy Show & Fair Season. We are looking for any individuals that would be willing to volunteer to lend a hand with various 4-H Show tasks. Please contact Kelly Brandt at 939-3434 or kmbandt@illinois.edu



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.
Closed Noon to 1:00 p.m. for lunch

Madison-St. Clair County Branch Office

1606 Eastport Plaza Drive, Suite 100
Collinsville, IL 62234
618-344-4230, 618-344-5602 Fax

"To Make the Best Better"

WELCOME KRIS JUELF: NUTRITION & WELLNESS EDUCATOR

I have been a resident of Monroe County my whole life, and I am excited to empower members of Monroe, Madison and St. Clair counties to live the best lives they can. As the nutrition and wellness educator, I plan to reach youth and adults through research-based programs to inspire healthy lifestyles. I plan to embrace many facets of nutrition and wellness including food safety, nutrition education, food preservation, chronic disease prevention and management, wellness in the workplace, and partnering with 4-H youth development to continue to develop and teach interactive classes on cooking techniques, nutrition and food safety.

I am a Registered Dietitian and received my Master of Science degree in Community Nutrition from Southern Illinois University, Carbondale. I have previously served as a nutrition educator for the St. Louis District Dairy Council and as a clinical dietitian specializing in medical nutrition therapy for a variety of populations.

Over the past year, I planned and implemented the Youth Cooking School summer program and an after-school Master Chef Junior program for youth in the community. Currently, I am eagerly preparing for this summer's Youth Cooking School program while learning all the responsibilities with my new role as Nutrition and Wellness Educator.



MASTER CHEF JR.-ADVANCED CLUB



Participants learned valuable cooking skills including how to reduce a recipe size, how to use appropriate substitutions in recipes, and meal planning. They are assigned food challenges to use these skills.

Participants also learned how to make healthy food choices and the steps of food safety.



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CONGRATULATIONS 4-H SCHOLARSHIP RECIPIENTS!



Monroe County Extension & 4-H Education Foundation recipients: *Sophia Dell, Lydia Lutman & Mary Brinkmann* with Foundation Member, *Richard Woodcock*



Lester & Lucille Korsmeyer Scholarship recipient: *Sophia Dell*

CONGRATULATIONS 4-H HIGH SCHOOL GRADUATES!



Haley Bode
Teens as Teachers

Mary Brinkmann
Teens as Teachers, Federation

Sophia Dell
Maeystown Clovers, Teens as Teachers, Federation

Bailey DuChene
Maeystown Clovers, Hoofbeats Competition Team

Kristina Ferry
Teens as Teachers

Lydia Lutman
Bushy Prairie, Teens as Teachers, Federation, Livestock Judging Team

Lucy Meurer
4-H Cruisers, Archery



2022 4-H HALL OF FAME RECIPIENT: Gene KRAEMER

Congratulations to Gene Kraemer, the 2022 Monroe County 4-H Hall of Fame recipient!

Gene became a 4-H volunteer in 2011 when his granddaughter started her involvement as a member. Gene quickly became very active in the Monroe County Shooting Sports program, first as a certified Shooting Sports Archery Instructor, then as County Shooting Sports Coordinator and also as the Shooting Sports Pistol Instructor. In addition to his dedication to Shooting Sports, Gene volunteered with the Monroe County Hoofbeats Competition Team as a coach to members for Horse Bowl & Hippology contests up until 2021. We appreciate Gene for his continued commitment, superior organizational skills and strong desire to see kids excel in 4-H. We are thankful to have Gene as a volunteer in Monroe County.

You can watch the 2022 Illinois 4-H Hall of Fame Ceremony here:

<https://www.youtube.com/watch?v=yFpu-n40FH8>

with Gene's recognition at 21:35.

We will honor Gene in person at a later date.

GET WELL SOON ALLIE!

Monroe County 4-H staff and families extend our thoughts and prayers to Allie (Flynn) Fithian and her new husband Ryne as they recover from a car accident on their wedding day.

Allie is a Monroe County 4-H Alum who was member of the Hoofbeats 4-H Club, Hoofbeats Competition Team, Archery and Federation. She also helped with Cloverbuds, Fair Tours and more during her time as a member. As an adult, Allie has been an Animal Science judge and helps 4-H youth with riding lessons. Her grandpa Gene is also an active volunteer with 4-H.

Allie has touched the hearts of many 4-H members and we wish her well on her road to recovery!



Allie at a 4-H Horse Show in 2018.

4-H FOOD DEMO SHOW



June 6, 7:00pm

Monroe County Annex



Food demonstrations should be approximately 8-10 minutes in length; however, there will not be a time penalty. The time limit will be taken into consideration at the judges' discretion. Demonstrations may be done by an individual or team of two members.

Refer to the Illinois 4-H Foods Demonstration Guide here:

<https://go.illinois.edu/FoodDemoGuide>

Exhibitors are responsible for furnishing all equipment and supplies. The food demonstration must relate to the state-offered project area in which the member(s) is/are enrolled.

NOTE: Participating in a Food Demonstration does not satisfy the 4-H Show requirements for Cooking projects and are not eligible for State Fair.

Contact Kelly Brandt at kmbandt@illinois.edu or call 618-939-3434 to register to participate.

FOOD DEMO AWARD

The Monroe County Farm Bureau Women's Committee
will sponsor an award for the use of
CORN products in a Food Demonstration recipe.

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LIVESTOCK ENTRY NIGHT

June 22, 6:00-8:30 p.m.

4-H Livestock Entry Forms: <https://go.illinois.edu/LivestockEntryForm>Master Showmanship Entry Forms: <https://go.illinois.edu/MasterShowmanRulesEntryForm>**Monroe County**
Master *Showmanship* Contest

The 2022 Monroe County Fair Master Showmanship Contest will be held **Tuesday, July 26, at 10:30a.m.**

The contest will begin in the cattle arena, then move to the swine arena and finish in the sheep arena at the Monroe County Fairgrounds. One judge will evaluate each ring of participants. Participants will be scored in each ring based on overall showmanship abilities.

RULES

1. The exhibitor must be a Monroe County 4-H member between the ages of 14-18 (at least 14 by Sept. 1, 2021 and cannot have reached their 19th birthday before Sept. 1, 2021.) and meet all 4-H show requirements.
2. The exhibitor must be enrolled in a 4-H livestock project.
3. Participants must supply their own animals for the competition. Each exhibitor must *own or borrow* each: a steer or heifer, a market or breeding lamb and a market hog or breeding gilt that is already being exhibited at the county fair. Animals will not be provided for you.
4. The winner will be announced at the Monroe County Livestock Auction on July 28.
5. The winner will advance to the Illinois State Fair Master Showmanship Contest on Friday, August 12, 2022 at 7:00 p.m. at the State Fairgrounds in Springfield. The winner must be available to attend this contest and *own or borrow* the said animals listed above that are already being exhibited at the state fair.
6. The winner will receive a custom belt buckle sponsored by O/B Angus in addition to a t-shirt that is required to be worn during the State Fair contest.
7. Participants are eligible to win the Master Showmanship Contest only once in their 4-H career.
8. Participants must fill out an entry form and turn in by Monroe County Livestock Entry Night on June 22, 2022.
9. This contest will adhere to all guidelines set forth by the Monroe County Fair and must meet the Illinois Exhibition Animal Health Requirements.

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Monroe County
Master *Showmanship* Contest

Entry Form deadline: June 22, 2022

Return to:

**University of Illinois Extension –Monroe County Office
901 Illinois Ave., Waterloo
OR Livestock Entry Night-Monroe County Fairgrounds**

Exhibitor's Name: _____

Exhibitor Age as of Sept. 1, 2021: _____ Birthdate: _____

4-H Club: _____

Phone Number: _____

4-H Livestock Project (s): _____

I will adhere by the Monroe County 4-H Master Showmanship Rules provided.



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COUNTY CLOVERBUD GRADUATION

Nine youth "graduated" from the 4-H County Cloverbud program and are eligible to join a 4-H club next September.

2022 graduates including Blaklee Schwarze, Landon Koch, Madeline Mayer, Allison Wittenauer, Gracie Luety, Nolan Garleb, Olivia Edgar and Duke Chandler were honored at their April meeting. Missing was Maverick Strong.

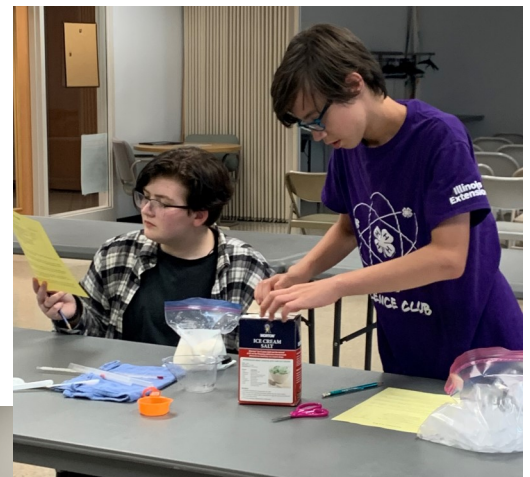
The group also planted flowers in observance of Earth Day.



4-H SCIENCE CLUBS

The Waterloo & Valmeyer Jr. High Science Clubs wrapped up their year making home-made ice cream and learning about the effects of temperature on the process.

Both clubs engaged in hands-on activities throughout the year such as leaf chromatography, lava lamp chemistry, pumpkin catapults, electric holiday cards, milk plastic and more! Thank you to Teen Teachers, **Kristina Ferry, Caleb Seboldt, Payton Vest and Brooke Mueller**, for helping to teach!



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4-H DAY WITH THE CARDINALS



Jackson & Teddie Klinkhardt & Blaklee & Tucker Schwarze took advantage of the beautiful day on May 14 to attend the 4-H Day with the Cardinals ballgame! Highlights included walking the stadium field with over 2,000 other 4-H members and Teddie and Jackson even got a high-five from Cardinal's pitcher, Miles Mikolas!

HOOFBEATS COMPETITION TEAM ATTENDS REGIONAL STATE CONTESTS

The following 4-H members represented Monroe County at the **Regional** equine contests in this spring:

- **Hippology:** Jr.—Julia Muertz (5th), Hadassah Hobson (1st), Kelley Adams(6th),
Paige Koch (2nd)
Int. —Shelby Bove (2nd) , Macie Dill, Sydney Woodard (1st), Maya Woodard (3rd),
Madey Mohr (5th)
Sr. — Annika Olson (4th) , Bailey DuChene (5th)
- **Horse Bowl:** Jr. — Julia Muertz, Paige Koch (9th), Kelley Adams (7th), Hadassah Hobson (4th)
Sr. — Maya Woodard (2nd), Sydney Woodard (4th), Bailey DuChene(5th)
(2nd Place Team)

The following participated in the **State** contests:

- **Hippology:** Junior — Hadassah Hobson (3rd), Paige Koch (10th)
Intermediate — Maya Woodard (1st), Sydney Woodard (2nd)
Senior — Bailey DuChene (12th)
- **Horse Speech:** Hadassah Hobson (2nd) Maya Woodard (3rd), Sydney Woodard (4th)

NATURE ADVENTURES DAY FUN!

The annual Nature Adventures Day was held at the Baebler Educational Farm on April 30. Youth and adults explored the farm and participated in activities such as hiking, fishing, kite flying, planting seeds making fishing lures and learning about snakes.



5TH GRADE CONSERVATION DAY RETURNS!

After a two-year hiatus, the popular 5th Grade Conservation Day event returned to the Waterloo Sportsman's Club on April 29. Students from Waterloo, Valmeyer and SPPCS schools participated in activities learning about bees, butterflies, forestry, water quality, soil, geology, floods, wildlife, erosion & renewable resources.



4-H SHOW REQUIREMENTS

As we enter into 4-H Show season, please remember that in order to show projects at the County and State levels at the end of the year, you must meet the following requirements:

- Attend at least 4 meetings during the 4-H year.
- Give a talk or demonstration at a club meeting.
- Enroll in 4-H online by January 1, 2022.
- All livestock project members must show an *in-progress* Livestock Record Book to their Leader at their May, June or July club meeting prior to the county fair.

4-H LIVESTOCK AUCTION GUIDELINES

UPDATED guidelines for the 2022 4-H/FFA Livestock Auction as determined by the Monroe County 4-H/FFA Livestock Auction Committee are:

Exhibitors may sell:

- one large specie: Beef, Sheep or Swine (sold by lb.)
and
- one small specie: Goat, Rabbit or Poultry (sold by head/pen)

Please review the 4-H Fair Showbook for additional show and auction guidelines:

<https://go.illinois.edu/FairShowbook>

LIVESTOCK & HORSE RECORD BOOKS

***In progress books must be shown to/signed by your leader at your May, June or July club meeting prior to the fair. (Horses-prior to May 4-H Horse Show.)**

- The PDF versions of the books are found here: <https://go.illinois.edu/LivestockRecord>
- They may be filled in on your computer, or you may print it off and fill it in by hand (neatly).
- The Instruction Guide is found here: https://go.illinois.edu/LivestockRecord_Guide to help you through the process of filling the book out.
- Books are due to the Extension office by **September 15, 2022** for evaluation.

YOUTH COOKING SCHOOL



REGULAR SESSIONS

June 6–9, 2022– St. Paul's Lutheran Church–Columbia
June 27–30, 2022– Immanuel Lutheran Church–Waterloo

\$60 For Regular Sessions

Ages 8–14

FOOD CHALLENGE

June 20–23, 2022– Immanuel Lutheran Church–Waterloo

Ages 11–14

\$75 For Food Challenge

Morning: 8:30–11:30 A.M.

Afternoon: 12:30–3:30 P.M.

Maximum of 20 participants!

Participants are NOT required to wear a face-covering but may do so if they choose. Anyone who is experiencing COVID-19 symptoms is asked to please stay at home.

Register Now!

<https://extension.illinois.edu/mms>



Youth will learn important life skills such as how to make group decisions, safe use of small appliances, how to prepare healthy food, and how to work cooperatively with others. Each day the students will prepare and enjoy several recipes.



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

2022 AWARD APPLICATIONS

The 2022 4-H Award Application form has been posted. The purpose of this application is to highlight all of your hard work and accomplishments in 4-H throughout the year.

https://go.illinois.edu/Monroe_AwardApp

Applications are due to the Extension office by **September 15, 2022** for evaluation.

NEW

If you completed projects in more than 1 project area, you will only need to fill out the Participation, Community Service, and Leadership pages one time, but you will fill out a separate Project Learning page for each project area and mark which project area that page is for at the top.

NEW! “MY 4-H EXPERIENCE” LOG SHEET

Keep track of your 4-H activities all year long to help prepare for filling out your Award Application. List all of the activities you participate in, keep track of meetings, community service and more!

<https://go.illinois.edu/MyExperienceLog>

NEW! GOAL WORKSHEET

Keep track of your 4-H goals for participation, community service, leadership and project mastery to aid you as you fill out your Award Application.

<https://go.illinois.edu/GoalWorksheet>

4-H MEMORIAL CAMP- SUMMER YOUTH CAMP



Registration for our Summer Youth Camps at 4-H Memorial Camp is underway! We still have spaces for female campers for each session. We have filled all of our spots for male campers but have started waiting lists for each session in case any spots open up. You do not need to be a 4-H member to attend.

Camp Dates

June 5-9, 2022
June 12-16, 2022
July 5-9, 2022
July 17-21, 2022

Program details and registration materials are available on our website: <https://4h.extension.illinois.edu/programs/camping/4-h-memorial-summer-youth-camp>

To see pictures of past youth camps, please visit our [Facebook](#) page. If you have any questions or would like to get your male camper on a waiting list, please contact: Monika Hammerschmidt hammersc@illinois.edu or Andy Davis ardavis1@illinois.edu (217) 762-2741



JUNETEENTH

4-H celebrates and honors 6.19.1865. Also known as African American Independence Day, Jubilee Day, or Freedom Day, this celebration marks a day in 1865 when enslaved Texans learned they'd be free—two months after Robert E. Lee surrendered and ended the Civil War and two and a half years after President Abraham Lincoln issued the Emancipation Proclamation. Stay tuned for an activity you can do to learn more about this day!

HOST FAMILIES NEEDED FOR THE STATES 4-H INTERNATIONAL EXCHANGE PROGRAM

Host a youth from Japan or South Korea 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 3 weeks, July 23 through August 18 (tentative dates). Applications are accepted until all placements are made. There is no cost for this program.

Students are matched with a host sibling by age, gender, and interests. Families hosting, must have a child between the ages of 12-18.

Host family selection is dependent on completion of an application and screening process, as well as student availability and personality compatibility.

Hosts without children may host an adult chaperone.

For more information or to apply, visit: <http://www.states4hexchange.org>.

Find us on Facebook @ [facebook.com/Illinois4hexchange](https://www.facebook.com/Illinois4hexchange) or contact Illinois S4-H Coordinators: Miriam Rosenbohm @ rosenbohm07@comcast.net or Elisha Hughes @ ehugh2@illinois.edu.



Food Demonstration Show	June 6, 7:00 p.m., Monroe County Annex
4-H Horse Show-RESCHEDULED	June 11, 9 a.m., Monroe County Fairgrounds
Ag Tech Science Camp begins	June 14, 9 a.m. -Noon, Baebler Educational Farm
Show-A-Rama Registration Deadline	June 15
Extension Office Closed in Honor of Juneteenth Holiday	June 17
Livestock Entry Night/Livestock Registration Deadline	June 22, 6:00-8:30 p.m., Monroe County Fairgrounds
Show-A-Rama (general projects show)	June 25, 8:30 a.m., Immanuel Lutheran Church Hall-Waterloo
Monroe County Fair	July 24-31, Monroe County Fairgrounds
Monroe County Day @ State Fair	August 12, Illinois State Fairgrounds, Springfield



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