



★ ADVENTURES AWAIT! ★

November-December 2020

SANGAMON/MENARD 4-H NEWSLETTER

All information in this newsletter is subject to change, following state and University COVID guidelines.

Enrollment/Reenrollment in 4-HOnline2.0

4-HOnline2.0 is now open for enrollment/re-enrollment for the 2020-2021 4-H year. Step-by-step instructions were sent to families via email, or you can get a copy by contacting staff. If you have not already done so, please enroll/re-enroll soon! *4-H leaders also need to enroll/re-enroll every year.* **March 1 is the enrollment deadline for most projects to be eligible to exhibit at the summer 4-H shows. Some livestock projects have earlier deadlines.** If you do not have Internet access or would like assistance, please contact 4-H staff to set an appointment to enroll in-person at the Extension Office.

Projects – Before you enroll, choose which projects you want to do this year by looking at the *Illinois 4-H Project Guide* online at <https://4h.extension.illinois.edu/members/projects>. Be sure to check out the new project areas of Maker and eSports. **When enrolling, please try to choose all projects you may want to do this year. If you need to add any projects later, you will need to contact county staff to do that for you.**

Program Fee – To complete enrollment/reenrollment, all members (including Cloverbuds) must pay the Program Fee of \$20 per member per year. Financial assistance is available by contacting the county office.

Project Books – Once your enrollment is approved AND payment has been received at the Extension office, you will receive an email with a link to an online form to request project books. (If you pay by credit card, you will receive this email as soon as your payment is processed. If you pay by check, your check must be received so your account can be marked as “paid” before you will receive this email.)

- If a publication you request is available digitally, you will receive an email from “Qualtrics Survey Software” with a link to download the project manual yourself. Some digital publications are free, and some must be purchased. If you need financial assistance, or if you need the local office to print a paper copy of a digital publication, contact the county office BEFORE purchasing it.
- If a publication you request is a printed book, your request will be forwarded to county staff. You can receive up to 3 printed project manuals for free. After that, there is a fee of \$5 per additional book. Financial assistance is available by contacting the county office. Printed project manuals will be given to club leaders for distribution to members. **To be included in the first order of project books, please enroll, send payment, and choose your project books by Monday, November 16.**



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Sangamon Office – 700 S. Airport Dr., Springfield, IL, 62707 · 217-782-4617
Menard Office – 420 S. 7th St., Petersburg, IL, 62675 · 217-632-7491
<https://extension.illinois.edu/LMS/4-H-youth-development>

College of Agricultural, Consumer and Environmental Sciences · University of Illinois, U.S. Department of Agriculture,
Local Extension Councils Cooperating. University of Illinois Extension provides equal opportunities in programs and employment.



Stress-Busting with 4-H Ambassadors

Join us for this year’s series of Sangamon/Menard 4-H Ambassadors activities! Ambassadors is open to all 4-H members in 8th grade and older, and you can bring non-4-H friends with you. At each Ambassadors meeting this year we will be learning and trying strategies for dealing with stress. At the first meeting on **Thursday, November 5, 6:00 PM** we will explore music and mindfulness. The meeting will be in-person at the Sangamon Extension Office (700 S Airport Drive, Springfield). Space is limited, and pre-registration is required by contacting Amy Zepp at azepp2@illinois.edu. Mark your calendar for future meetings on **January 7, March 4, and May 6.**



SURVIVOR!! – 4-H Leadership Adventure!

4-H Officers, 4-H Club Leaders and Junior Leaders - or any youth having an interest in running for an office in the future, please register to attend SURVIVOR!! Logan, Sangamon and Menard 4-H Officer/Leadership Trainings will be held on: **Saturday, December 12**, 9–11:30 AM at the Logan County Office (980 N Postville, Lincoln, IL) OR **Saturday, January 9**, 9–11:30 AM at the Sangamon County Office (700 S Airport Drive, Springfield, IL) OR **Saturday, January 30**, 9–11:30 AM (virtually). **Choose the date that fits your schedule!**



4-H Leadership Adventure will offer NEW special sessions for both Club Officers AND 4-H Leaders. Encounter special leadership challenges, Parli Pro Survivor Edition and construct 4-H meetings with mindboggling themes! Are you ready to accept the Challenge? Register online at <https://web.extension.illinois.edu/registration/?RegistrationID=22750>

Beef Weigh-in

4-H members enrolled in the beef project who wish to exhibit steers at the County 4-H Show or Illinois State Fair Junior Show must have them weighed and tattooed. It is preferred that you participate in the weigh-in that takes place in the county of your membership. Mark your calendars for these anticipated weigh-in date:

- Saturday, February 6, time TBD – Greenhaven Animal Clinic (Rte. 136, east side of San Jose)
- Saturday, February 13, 9:00-10:00 AM – Petersburg Veterinary Clinic

Watch for registration details in the January/February newsletter. **Beef and dairy cows should be owned by January 1; steers should be owned by February 1.**

Ethics Certification Requirements for Animal Projects

ALL 4-H members ages 8-18 who enroll in **Dairy, Swine, Beef, Sheep, and Goat** projects **MUST** take the online YQCA training **ANNUALLY** (new requirement as of 2019-2020 4-H year). If you do not complete this training, you will be **DROPPED** from the project and **NOT** be able to exhibit your animals in the county 4-H show or the Junior Show at the State Fair. More information and dates to come in the new year.



The Quality Assurance & Ethics Certification training (QAEC) is required for members enrolled in **Horses, Rabbits, Poultry, Dogs, and Cats**, whether or not they own a live animal. This training is free and is only **required once** in the member’s career. It can be completed online at <http://web.extension.illinois.edu/qaec/> and **must be completed by May 1.** (NOTE: Members must use a desktop or laptop computer to complete this training; tablets and phones will not properly notify county staff that the training has been completed.)





2021 4-H Shows

We are moving forward with planning for in-person shows in summer 2021, but all activities are subject to change, following state and University guidelines. Below is the TENTATIVE schedule for 2021:

- **Sangamon/Menard General 4-H Projects Show**
 - June 26, Sangamon County Fairgrounds (New Berlin)
- **Sangamon County 4-H Livestock Shows**
 - June 26-27, Sangamon County Fairgrounds (New Berlin)
- **Menard County 4-H Livestock Shows**
 - July 20-24, Menard County Fairgrounds (Petersburg)
- **Logan/Menard/Sangamon 4-H Dog Care and Cat Show**
 - July 31, Logan County Fairgrounds (Lincoln)
- *Dates and times for other county shows are still being finalized.*

We are always looking for more judges, superintendents, assistants, and other volunteers. If you would like to be involved, please contact Amy Zepp (azepp2@illinois.edu) or Sharon Lounsberry (slounsbe@illinois.edu).

Trainings for Volunteers

The state 4-H office is excited to be launching the new **4-H Volunteer Café Conversations**, 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 and techniques to support their volunteer efforts, strengthening 4-H club and member learning experiences. Two topics will be addressed during each Café Conversation so come with your ideas, questions, and since this is a Café Conversation, feel free to bring a snack as well!

- **Thursday, November 19, 2020; 7:00 PM**
 - TOPICS will include:
 - Planning Service Learning & Community Service Experiences that Make a Difference
 - Communicating Effectively with 4-H Families
 - Link to register: <https://web.extension.illinois.edu/registration/default.cfm?RegistrationID=22724>

Future 4-H Volunteer Café Conversations are scheduled in February & May. We are excited with our participation so far and will be recognizing volunteers and 4-H members who participate in 75% of the Volunteer Café Conversations with a token of our appreciation. Be sure to save the dates!

- **Thursday, February 18, 2021; 7:00 PM**
- **Thursday, May 20, 2021; 7:00 PM**

Engaged volunteers are central to a thriving 4-H club program which is why the state 4-H office has developed new virtual volunteer training opportunities for you this fall!

- ***Effective & Engaging Meetings* – Thursday, November 12, 2020** – The 4-H club meeting is typically one of the first experiences for new youth and new families interested in 4-H. This is the place where members get to know one another and share ideas. This means creating engaging and effective club meetings is the first opportunity to capture the interest of the members and the confidence of the parents. Join us to learn key strategies to help you create effective and engaging 4-H experiences in your club! If you have not registered there is still time, use this link and sign up today: <https://web.extension.illinois.edu/registration/default.cfm?RegistrationID=22664>



Local 4-H Alumni Feature

Name: Cara (Kruse) Martel, aka 4-H Camp Counselor “Slick”

Career Title: Zoological Supervisor of Rhinos & Hoofstock, Busch Gardens Tampa

Favorite 4-H Project: Soil & Water Conservation

1. How did 4-H have an impact on your life?

In so many ways! Not only do I still have amazing friends that I met through 4-H, I have incredible memories of the county and state fairs, skills that I’ve learned through countless projects and animal experience, ideals that I’ve practiced throughout my life, and of course – the endless camp songs that run through my head at random times! Being in 4-H is not just a club you join, it is life opportunity – offering experience in teamwork, public speaking, hard work, time management, and how to determine success – the achievements in the choices we make, the journey we take, and how others are impacted by us. 4-H has offered a vantage point like no other – how one views life and the potential within it. From my start in 4-H, I went on to major in biology, becoming the Zoological Supervisor of rhinos and all African hooved mammals at Busch Gardens, one of US News’ top-rated zoological facilities. I’m also the park’s representative for the SeaWorld & Busch Gardens Conservation Fund, which donates roughly \$1 million annually to conservation projects around the globe. I owe my start in conservation to my first Soil & Water Conservation project in 4-H. My roots in this organization have allowed me the skills and reach to take on more impactful projects with every step in my career. 4-H did that!



2. What advice would you give a current 4-H member?

Always look at the big picture, and how you can make it better. Being in 4-H, we make a pledge to be the best version of ourselves for the best local and global impact we can provide. Three decades after first learning that pledge, I can still recite that promise to this day. When I’m facing a roadblock in a work project or a difficult decision in a personal path, I stop to consider these basics and once again look at the broader scope and the central ideal leading to it. So 4-Hers, I urge you to take time to think about what that 4-H promise means to you. Clearer thinking, greater loyalty, larger service, better living – for club, community, country, and world. What are your interests in life, and how can you place these ideals into life long-term? One of my favorite quotes says it well: Climb mountains not so the world can see you, but so you can see the world – David McCullough Jr. Only in looking at the big picture, can we truly know how to best lead through current challenges to greater ways. The world changes quickly. We now have a greater human population on the planet than ever before, wildlife and wild places are becoming marginalized, and global health remains a constant concern. The challenges will continue, but the ideals you prioritize and the patterns you set today will offer incredible opportunities in your future. Keep your confidence going strong. Stand tall 4-Hers – you got this!

3. Why should young people join 4-H today?

Of all the ways you can spend your time, 4-H is by FAR an opportunity worth your time investment! Every different new task you tackle in life, you will face all kinds of challenges. But when surrounded and supported by the 4-H world, you will be taking on new opportunities AND finding your true interests, where your strengths lie, and what next steps you want to take. 4-H comes with instant mentors and a huge support network – locally and globally. So when you take the first step to be in 4-H, the world will be at your doorstep. And before you know it, YOU will be the one mentoring, offering a guiding hand, and having the ‘Grey Squirrel’ song pop into your head when someone shows up late to the business meeting. 4-H gave me an AMAZING start – that’s what 4-H has done over the generations and what it will continue to do for each awesomely unique individual that opens themselves up to the opportunity. Have fun with it, and I wish you the very best on your journey!



Clover Spotlight!

Your 4-H adventures can be featured too!

Submit articles, photos, stories, videos, etc. to Amy Zepp (azepp2@illinois.edu).



1. During their October meeting, Capital Clovers 4-H Club members built and launched water rockets made with 2-liter soda bottles.
2. New Salem Pride 4-H Club learned about beekeeping and chickens during their first meeting of the year.
3. A member of New Salem Pride 4-H Club shows off the t-shirt given to everyone who exhibited at least 1 project in the summer 2020 virtual County 4-H Show.



EDUCATOR CORNER – Carissa Davis

How to make youth feel they belong in your program

I heard a local high school coach on the radio being asked about how to promote good team dynamics. Her answer was, “It’s about the relationships.” I couldn’t agree more!



As an educator in the area of positive youth development, I truly believe it all boils down to the relationships. Everyone wants to feel that they matter to others and that they belong to something or somewhere. Young people are no exception.

Belonging is one of the four essential elements of the 4-H youth development program. We define it as the need of young people to know they are cared about, and to feel a sense of connection to others in a group. As staff members and volunteers, it’s our job to create a safe and inclusive environment that will foster positive relationships for the young people we serve.

My favorite youth development research comes from the Search Institute. They have some good recent research around actions that make young people’s relationships powerful.

They developed a framework for doing so.

- Express care – Show young people that they matter to you by listening, encouraging and being trustworthy.
- Challenge growth – Push youth to keep getting better by expecting the best, holding them accountable, and helping them to reflect on and learn from their failures.
- Support – Help youth complete tasks and achieve goals by helping them to navigate through hard situations, build their confidence and advocate for them when needed.
- Share power – Treat youth with respect, give them a say when decisions involve them, create opportunities for them to take action and lead.
- Expand possibilities – Connect youth with people and places to broaden their world, exposing them to new ideas, experiences and places. Developmental relationships between youth and adults are an important aspect of any youth development program.

What can caring adults do? I suggest that we start by developing relationships and a sense of belonging among the youth we work with. Over the years, I’ve come up with ways to do that.

Tips for getting started

- Know each young person’s name and call them by it
- Get to know their interests and ask about them
- Ask open-ended questions
- When they do something good (or not so good), tell them you noticed

Thank you to University of Minnesota Extension for providing valuable information.



Mark Your Calendar

information current as of November 1; all activities are subject to change, following state and University guidelines

- November 1 Deadline for Illinois 4-H Scholarship applications
- November 5 Sangamon/Menard Ambassadors, Springfield
- November 5 Illinois 4-H Volunteer Training – Effective & Engaging Meetings (virtual)
- November 12 4-H Volunteer Café Conversation #2 (virtual)
- November 16 To be included in the first order of project books, members should enroll, pay, and choose project books by this date.
- December 12 SURVIVOR!! Officer/Leadership Training, Lincoln
- January 1 Ownership deadline for beef and dairy cows
- January 7 Sangamon/Menard Ambassadors, Springfield
- January 9 SURVIVOR!! Officer/Leadership Training, Springfield
- January 30 SURVIVOR!! Officer/Leadership Training (virtual)
- February 1 Ownership deadline for steers
- February 6 Beef Weigh-in, Greenhaven Animal Clinic
- February 13 Beef Weigh-in, Petersburg Veterinary Clinic
- February 18 4-H Volunteer Café Conversation #3 (virtual)
- March 1 Project enrollment deadline to be eligible to exhibit in 2021 county 4-H shows
- March 4 Sangamon/Menard Ambassadors, Springfield
- May 1 Deadline to complete QAEC training – for members enrolled in Horses, Rabbits, Poultry, Dogs, and Cats
- May 6 Sangamon/Menard Ambassadors, Springfield
- May 20 4-H Volunteer Café Conversation #4 (virtual)
- June 26 – TENTATIVE Sangamon/Menard 4-H General Projects Show, New Berlin
- June 26-27 – TENTATIVE Sangamon 4-H Livestock Shows, New Berlin
- July 20-24 – TENTATIVE Menard 4-H Livestock Shows, Petersburg
- July 31 – TENTATIVE Logan/Menard/Sangamon 4-H Dog Care and Cat Shows, Lincoln

Non-Discrimination Statement: Each 4-H club and, thus, each member is asked to comply with non-discrimination and equal opportunity regulations by law. Since 4-H is part of University of Illinois Extension’s programs and activities, we must not show prejudice against any person because of race, color, national origin, religion, age, sexual preference, sex or handicap.

**If you need a reasonable accommodation to participate, please contact the event coordinator.
Early requests are strongly encouraged to allow sufficient time to meet your needs.**