



★ ADVENTURES AWAIT! ★

September-October 2020

SANGAMON/MENARD 4-H NEWSLETTER

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

New 4-H Year & New Safety Guidelines

Happy New Year! Your club leaders and local 4-H staff are busy thinking about and making plans for the 2020-2021 4-H year. Illinois 4-H is providing new health safety guidelines for in-person 4-H activities (including club meetings), which will be shared with club leaders by the end of September. These guidelines will specify expectations for things like the use of face coverings and the total number of people who can gather in one space. **Watch for communication from your club leaders about the status of meetings for your club.** What club meetings look like may vary from club to club, but 4-H will continue to provide a variety of experiences for our youth.



County Extension Offices Open to Public Beginning September 14

County Extension Offices will open to the public beginning Monday, September 14. All visitors will be asked to sign in and out with the date and time when visiting an office. Visitors will be required to abide by CDC, Restore Illinois, and University protocols for social distancing, proper hand sanitation, and use of face coverings. The Sangamon Office will be staffed Monday-Friday and the Menard Office will be staffed Mondays and Wednesdays, 8:00 AM-12:00 PM and 1:00 PM-4:30 PM. A mailbox has been mounted by the main entrance of the Sangamon Office, so you do not need to enter the building if you only need to drop off something. Offices may close to foot traffic again if state or University guidelines change.

Thank You! – County Show Donors

Thank you to the following individuals and organizations who made donations in support of recognizing all the participants in this summer’s Sangamon/Menard virtual 4-H shows:

- Alliance Community Bank
- Patricia Boarman
- Mickey Bourne
- Brian Borecky
- Bradfordton Co-Op
- Brandt Agronomic Services
- Solange Davis
- DMI Sales
- Donald Hallmark
- Lara King
- Lincoln Orbit Earth Science Society
- Tina Pile
- Ryan Electric, Inc
- Sangamon Co Pork Producers
- Schneider Crane Service
- Delores Smith
- Michele Stremsterfer
- Brenda Snyder Walsh
- Betsy Winkelmann

Every member with at least one exhibit in a county show will be receiving a custom-designed t-shirt in recognition of the extra effort it took to prepare their exhibits for the virtual shows.

I ILLINOIS
Extension



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 & 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.



2020 State 4-H Show Results

Congratulations to the members who represented Sangamon and Menard Counties in the 2020 State 4-H Show: Drew Atwater, Haley Atwater, Kirby Jo Bacon, Melanie Buzzard, Azaraya Collins, Nate Cox, Daniel Dixon, Zach Dixon, Austin Downs, Ryan Downs, Sadie Fiedler, Rachel Fishburn, Ella Greenfield, Ethan Greenfield, Alana Hartman, Ada Holt, Hypatia Holt, Elliott Jennings, Baleigh Jordan, Colin Jordan, Sydney King, Ahlienna Langley, Trinity Lumsden, Aiden Luna, Cameron Luna, Madeline Luna, Declan McCarty, Allison O’Neill, Samantha O’Neill, Ethan Perry, Jadyne Perry, Cecilia Simpson, Jane Simpson, Cheyenne Stout, Jadyne Wheat, Caleb Willfong, Mikenna Willfong, and Macie Willis.



All State Show exhibitors will receive an Award of Excellence, and some Sangamon/Menard exhibitors were also chosen to receive Top Awards:

- Champion – Haley Atwater (Shopping in Style), Melanie Buzzard (Outdoor Adventures), Nate Cox (Video Filmmaking), Zach Dixon (Aerospace), Caleb Willfong (Natural Resources)
- Reserve Champion – Ryan Downs (Wildlife), Ada Holt (Aerospace)
- Inspire – Sadie Fiedler (Photography), Ethan Perry (Photography), Cecilia Simpson (Cooking 301)

Results from the State Dog Show will be shared at a later date.

Enrollment/Reenrollment in 4HOnline 2.0

The 4HOnline system is being upgraded to version 2.0. This upgraded system has the same basic functions with a new look, and it fixes several problems with the old system. **Enrollment/reenrollment for 2020-2021 will begin in October**, and new instructions will be provided.

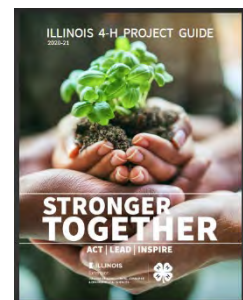
Program Fee – To complete enrollment/reenrollment, all members (including Cloverbuds) must pay the Program Fee of \$20 per member per year. Financial assistance is available by filling out the *4-H Program Fee Waiver Request Form* available at <https://extension.illinois.edu/lms/4-h-club-resources-logan-menard-sangamon-counties>.

Project Books – The process for requesting project books will be new this year, and instructions will be included with the new 4HOnline 2.0 instructions. Members can continue to receive up to 3 project books each year at no charge. If a member needs more than 3 project books, there is a fee of \$5 per book. Financial assistance is available by filling out the *4-H Project Manual Assistance Request Form* available at <https://extension.illinois.edu/lms/4-h-club-resources-logan-menard-sangamon-counties>.

Choosing Projects for 2020-2021

Look for the new project areas of Maker and eSports in the 2020-2021 *Illinois 4-H Project Guide*, available at <https://4h.extension.illinois.edu/members/projects>.

Members taking Drones or Cooking 101 projects will soon be able to use educational materials in the new “4-H University” app. The app is free, and more project areas will be added over time. It can be downloaded now from the Google Play Store and will soon be in the Apple Store.





National 4-H Week 2020

Mark your calendar for National 4-H Week, October 4-10, 2020! This year's theme is Opportunity4ALL. Watch your email for more information coming soon about how we will be celebrating National 4-H Week this year.



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 even bring a non-4-H friend with you. At each Ambassadors meeting this year we will be learning and trying a different strategy for dealing with stress, such as doing something creative or doing something that benefits other people. Ambassadors activities will be held at 6:00 PM on **November 5, January 7, March 4, and May 6**; and we are planning that meetings will take place in-person at the Sangamon Extension Office. Details about each activity will be sent via email to all members in 8th grade or older, and pre-registration will be required. Please contact Amy Zepp (azepp2@illinois.edu) if you have questions.



4-H Shooting Sports Update

Discussions will be taking place soon with our local Shooting Sports coordinators and instructors to determine plans for the 2020-2021 4-H year. We will share information with you about Shooting Sports activities as soon as we can.

Leaders' Kickoff!

Attention all club leaders – mark your calendars for this year's 4-H Leaders' Kickoff meeting. All leaders, assistant leaders, and Cloverbud leaders are strongly encouraged to attend. We will be sharing lots of important information to help you plan and navigate the 2020-2021 4-H year. You can choose to attend whichever date you prefer:

- Monday, September 28, 6:00-8:00 PM – Sangamon Extension Office, Springfield
- Wednesday, September 30, 6:00-8:00 PM – Menard Extension Office, Petersburg

Watch for an email with details and a registration link. (Registration will be required to be sure we don't exceed our new meeting room capacities.)

Club Resources

The Illinois 4-H Website has all the resources and forms needed to guide 4-H club officers, committees, members, and leaders as they plan for the new 4-H program year. Go to <https://4h.extension.illinois.edu/clubs/meeting-resources> where you will find these helpful documents:

- The **Club Meeting Agenda** is a useful fill-in-the-blank form club officers can use to plan each section of the meeting. This fillable form contains the meeting structure, which they can use to identify who should be in charge of each potential item that may be included in a meeting.
- The **Club Committee Planning Worksheet** is an excellent tool to give to committee members as they plan club events and activities.
- The **Club Yearly Program Plan** guides club officers and members as they identify club goals and brainstorm what programs, events and/or activities to plan for the club to engage members in fun, hands-on learning experiences throughout the program year.
- Don't forget to download your new **Secretary Book** and **Treasurer Book**.
- You will also find tips for good club meetings, tips for using the 4-H name, and other important resources.



STATE & NATIONAL OPPORTUNITIES

State Scholarships

The Illinois 4-H Scholarship is a merit-based scholarship to award outstanding work in project areas. Five \$1,000 scholarships will be awarded in each of the following categories: Animal Science, Civic Engagement/Global Living, Creative Performing Arts & Communication, Food Systems, Healthy Living/ Nutrition, Leadership, Natural Resources & Environmental Science, Personal Growth, and STEM/Robotics. Members are eligible to apply if they are ages 15-18 as of September 1, 2020, and if they were enrolled in 4-H for the 2019-2020 4-H year. The deadline to apply is **November 1**. Apply online at go.illinois.edu/4Hscholarships.

4-H Volunteer Café Conversations

Illinois 4-H is hosting a platform for 4-H Volunteers from across Illinois to meet virtually and discuss topics of interest, sharing 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 discussed during each Café Conversation, so come with your ideas and questions. Upcoming sessions will be held on **November 12, February 18, and May 20**. Watch for an email from Illinois 4-H with registration details.

4-H Volunteer Virtual Trainings

Save the dates for upcoming virtual training opportunities from Illinois 4-H on the topics of Code of Conduct (Thursday, October 15), Effective & Engaging Meetings (Thursday, November 5), and Parliamentary Procedure (date pending). Registration information will be sent later.

Tractor Supply Company 4-H Fundraiser

The Fall Paper Clover campaign at Tractor Supply Company stores will be held **October 7-18**. Customers can make donations in store, or they can make a donation with their purchase in the app and on TSC’s website. (The TSC in Springfield is located at 4241 Schooner Dr.) Funds raised are used for scholarships for camps and leadership events.

Illinois 4-H Superior Young Livestock Producer Contest

The Illinois 4-H Superior Young Livestock Producer Contest will be held **Saturday, September 19, 9:00 AM-2:00 PM** at the South Show Ring of the Junior Cattle Barn in the Illinois State Fairgrounds. 4-H members ages 14-18 as of January 1, 2020, are eligible to participate, competing for one of nine \$1000 scholarships. Registration will be on-site walk-up. Participants can start any time between 9:00 AM and 2:00 PM. During this 2020 4-H Livestock Skillathon your knowledge will be tested on:

- Breeds of cattle, swine and sheep
- Multiple choice quiz
- Marketing
- Equipment identification
- Quality assurance

Send questions to Dan Jennings (815-218-4358).





EDUCATOR CORNER – Carissa Davis

Developing Resilient Youth

Growing up in today’s culture of social media, high expectations and various social issues such as economic inequalities and social injustices can be challenging for young people. Child Trends define resilience as “the ability of an individual to function competently in the face of adversity or stress” or more simply, resiliency is the ability to bounce back. Resiliency is a key social emotional skill for youth to develop to handle the ups and downs of life. According to the American Academy of Pediatrics, adults can help youth develop resiliency by developing the following 6 C’s:

- 1. Competence.** Competence is helping youth believe, “I can do this.” Young people develop competence through experience. It is important to give youth ways to trust their judgement, make responsible choices and face difficult situations.
- 2. Confidence.** Confidence is built on competence and is a belief in one’s abilities. Adults can build confidence when youth do something well. The best way to do this is by offering feedback about specific achievements. For example, great job on studying for your spelling exam your hard work showed in your grade.
- 3. Connection.** Connection is helping youth develop significant relationships with caring adults such as family, friends, community members and teachers that create a sense of security and belonging. Belonging gives young people a sense of safety which can prevent them from participating in risky behaviors. It is important for adults to create healthy relationships that reinforce positive messages.
- 4. Contribution.** Youth instinctively like to be helpful. Providing youth with an opportunity to contribute to their community lets them know they matter and can be part of something benefiting more than just themselves. It is important for youth to see the results of their actions because it encourages them to continue to think of others and make impacts in their community.
- 5. Coping.** Young people who learn to cope with stress in a positive way are better prepared to overcome life’s challenges. For adults, it is important to model positive coping strategies on a consistent basis to help teach young adults and children to develop positive and effective coping strategies. Simple breathing practices, spending time with a caring adult or friend or engaging in a hobby provides opportunities for youth to work through difficult situations.
- 6. Control.** When youth realize they can control the outcomes of their decisions, they gain confidence in their ability to bounce back. Helping youth understand that life’s events are not random and that things happen as a result of one’s choices and actions is a role of adults. Giving youth ways to practice decision making can help build confidence which in turn can give them a sense of control.



Involvement in 4-H Youth Development is one way for youth to develop competence, confidence, connection, contribution, coping and control. Whether it be by working on a fair project, leading a club meeting or participating in a 4-H contest, these are all opportunities available in 4-H Youth Development to develop characteristics needed for becoming a caring, capable and resilient adult.

Thank you University of Nebraska Extension for providing valuable information.



Mark Your Calendar

information current as of September 1

- August 31 Club Secretary and Treasurer books are completed and turned in to club leader
- September 1 4-H Records due to club leader
- September 1 New 4-H Year begins!
- September 14 County Extension Offices reopen to the public
- September 19 Superior Young Livestock Producer Contest
- September 28 Leaders' Kickoff (Sangamon Office)
- September 30 Leaders' Kickoff (Menard Office)
- October 1 4HOnline 2.0 enrollment/reenrollment begins
- October 4-10 National 4-H Week
- October 7-18 Paper Clover campaign at Tractor Supply Company stores
- October 15 Illinois 4-H Volunteer Training – Code of Conduct
- November 1 Deadline for Illinois 4-H Scholarship applications
- November 5 Sangamon/Menard Ambassadors
- November 5 Illinois 4-H Volunteer Training – Effective & Engaging Meetings
- November 12 4-H Volunteer Café Conversation #2
- January 7 Sangamon/Menard Ambassadors
- February 18 4-H Volunteer Café Conversation #3
- March 1 Project enrollment deadline to be eligible to exhibit in 2021 county 4-H shows
- March 4 Sangamon/Menard Ambassadors
- May 6 Sangamon/Menard Ambassadors
- May 20 4-H Volunteer Café Conversation #4

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 in advertised programs, please contact the office at 217-782-4617.