



★ ADVENTURES AWAIT! ★

January-February 2021

SANGAMON/MENARD 4-H NEWSLETTER

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

Re-enrollment in 4-HOnline2.0

If you have not already done so, please re-enroll now! Step-by-step instructions were sent to families via email, or you can request a copy from 4-H staff. Re-enrollment is important to make sure you remain on the list to receive important email notifications about the 4-H newsletter, upcoming events and deadlines, and details specific to your projects. If you need any assistance with enrollment, please contact 4-H staff.

To be eligible to exhibit in this summer's 4-H shows, you must be enrolled in projects by the following deadlines:

- January 1 – Beef Cows; Dairy and Goats (if you have State Fair Milking Does)
- February 1 – Beef Steers
- March 1 – all other species and any other project areas

Program Fee – To complete enrollment, all members (including Cloverbuds) must pay the Program Fee of \$20 per member per year. Financial assistance is available by contacting 4-H staff.

Project Books – Once your enrollment is approved AND payment has been received, you will be sent 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 be sent 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 4-H staff to print a paper copy of a digital publication, contact 4-H staff BEFORE purchasing it.
- If a publication you request is a printed book, your request will be forwarded to local 4-H 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 4-H staff. Since clubs are not currently meeting in-person, project books requested so far are being mailed directly to families.



All active 4-H families will receive the newsletter via email every other month. If you would like a hard copy mailed to your home, please contact Sandy Duncheon (duncheon@illinois.edu, 217-782-4617). If you have made this request in a previous year, you will need to contact Sandy to be added to the mailing list for *this year*.



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.



Sangamon County 4-H Foundation Annual Meeting

All Sangamon County 4-H members, parents, leaders, and alumni are welcome to attend the Annual Meeting on **Thursday, January 28, 6:30 PM**, held virtually via Zoom. Please contact sangamon.co.4h.foundation@gmail.com for meeting login information.

Stress-Busting with 4-H Ambassadors

The next Sangamon/Menard 4-H Ambassadors meeting will be held virtually via Zoom on **Thursday, January 7, 6:00-7:00 PM**. First, we'll play some fun games to help us all relax, and then we'll be joined by a nutritionist and a counselor to explore the connections between stress and what we eat. Ambassadors is open to all 4-H members in 8th grade and older, and non-4-H friends are welcome to attend with you! Contact Amy Zepp at azepp2@illinois.edu to register and request the Zoom meeting link. Mark your calendar for future meetings on March 4 and May 6.



Virtual Workshop – Beginning Photography



If you are interested in photography, bring your camera to this Zoom meeting and learn about how to use your camera. It's ideal to have a camera and not a cell phone for this, but cell phones are okay.

Some topics you will be introduced to will include: Finding Your Subject, Rules of Thirds, Depth of Field, Camera Settings (Manual, TV, Aperture),

and 4-H Show Entries. Join us **Saturday, January 30, 2:00-4:00 PM** via Zoom at <https://heartland.zoom.us/my/acatterson>. For more information, contact Logan County 4-H volunteer Anna J. Catterson at anna.catterson@heartland.edu.

Virtual Workshop – Foods



If you are interested or enrolled in a foods project, please plan on joining us! Together, you and an adult partner will be making "Oatmeal Raisin Drop Cookies" live with other local 4-H members. We will be gathering on **Saturday, February 6, 10:00-11:15 AM** via Zoom at

<https://heartland.zoom.us/my/acatterson>. We will talk about food safety and then make the cookies, virtually! In addition, we will discuss how to make them healthier and how to present them for the 4-H Show. For more information, contact Logan County 4-H volunteer Anna J. Catterson at anna.catterson@heartland.edu.

- | |
|-------------------------------------|
| Supplies needed for Foods Workshop: |
| • Dry Measuring Cups |
| • Flour |
| • Baking Powder |
| • Soda |
| • Salt |
| • White Sugar |
| • Brown Sugar |
| • Softened butter |
| • Water |
| • Vanilla |
| • 2 Eggs |
| • Quick Oatmeal |
| • Raisins and/or Pecans |

SURVIVOR!! – 4-H Leadership Adventure!

4-H Officers, 4-H Club Leaders, Junior Leaders, and any youth interested in running for an office in the future – please register to attend SURVIVOR!! 4-H Leadership Adventure.

Logan, Sangamon, and Menard 4-H Officer/Leadership Training will be held virtually on **Saturday, January 30, 9:00–11:30 AM**. 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>





Community Improvement Grants Available

4-H clubs can apply for a \$500 grant from Farm Credit Illinois to implement a community improvement project.

Applications are due March 12. For more information, visit <https://farmcreditil.com/About/community-engagement/improvement-grants>

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)
- **State Fair exhibit date for general projects** chosen to advance from Sangamon and Menard counties
 - August 14, Illinois State Fairgrounds (Springfield)

Dates for other county shows are still being finalized.

Animal Ownership Dates

Beef —

- Steers 2/1/21
- Cows 1/1/21
- Heifers 6/1/21

Dairy —

- Cows 1/1/21
- Heifers 6/1/21

Meat Goats —

- 5/15/21 (must be tattooed for State Fair)

Dairy Goats —

- 6/1/21 (State Fair Milking Does 1/1/21)

Swine, Horses, Dogs —

- 6/1/21

Rabbits, Pygmy Goats, Poultry —

- Does 6/1/21
- All Others: out of stock owned prior to 6/1/21

Sheep —

- Wethers 6/1/21 (State Fair 5/15/21)
- Breeding Sheep 6/25/21

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.

- **Saturday, February 6, 12:30-2:30 PM** – Greenhaven Animal Clinic (Rte. 136, east side of San Jose)
- **Saturday, February 13, 9:00-10:00 AM** – Petersburg Veterinary Clinic

Please register at <https://web.extension.illinois.edu/registration/?RegistrationID=22877> at least 1 week prior to the weigh-in you plan to attend. Attendees must wear masks and follow social distancing guidelines. Steers should be owned by February 1 and must be castrated prior to tattooing. There will be no Market Heifer class offered at the Illinois State Fair Junior Show or County 4-H Show.



Attention – Beef, Swine, Dairy, Goat, and Sheep Exhibitors



All 4-H members who will be exhibiting live animals in these project areas are required to annually complete training through the Youth for the Quality Care of Animals (YQCA) program. This training must be completed prior to making county 4-H show exhibit entries. We will notify members when the online training becomes available and if in-person trainings will be available this year. *This requirement does not apply to members exhibiting only poster/display projects.*

Attention – Horse, Poultry, Rabbit, Dog, and Cat Exhibitors



4-H members who will be exhibiting live animals in these project areas are required to complete Quality Assurance & Ethics Certification (QAEC) training. 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 prior to making county 4-H show entries. (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.) *This requirement does not apply to members exhibiting only poster/display projects.*

STATE & NATIONAL OPPORTUNITIES

Illinois 4-H Virtual eSports SPIN Club

Are you at least 12 years old and own a computer or gaming system? Illinois 4-H just released a pilot curriculum for eSports and is seeking members who will provide input and feedback. Under the direction of Illinois 4-H Computer Science Innovator Eric Li, youth will be virtually guided (using Zoom) through the eSports pilot curriculum, learn the basics of the eSports field, and learn about the hardware and software that make eSports possible. In addition, youth will be able to play and practice their favorite games as a team, and potentially compete in one or more eSports competitions through the spring and summer. **Registration is open December 1-January 15, with meetings beginning the third week of January.** Schedule and goals will be determined/presented in the first meeting with plans to meet at least twice a month (more frequently before competitions). For more information contact Illinois4h-STEM@illinois.edu. Interested youth can sign up at <https://web.extension.illinois.edu/registration/default.cfm?RegistrationID=22817>.

National Youth Agri-Science Summit

At the National 4-H Youth Summit on Agri-Science, held virtually on **March 5-7**, high school students will develop the skills and knowledge needed for the challenges facing agriculture, food security, and sustainability. Students will work with each other and experts in the agricultural community in this collaborative, hands-on educational setting. The summit is an opportunity to meet like-minded peers from across the country, learn more about career opportunities, and network with professionals in the field of Agri-Science. As a cornerstone of the experience, participants are challenged to identify and develop action plans that address issues related to agriculture in their community. For more information visit <https://4-h.org/parents/national-youth-summits/#!agri-science> or contact Mark Becker at mbbecker@illinois.edu.



Illini Summer Academies

If you are curious as to what college or career is right for you, plan now to join us and discover new possibilities at the Illini Summer Academies, **June 27-July 1!** At ISA you can expect a fun and exploratory experience featuring a virtual academy session and a variety of workshops and fun virtual activities. For questions, contact us at illini-4h@illinois.edu. The Illinois 4-H Foundation offers scholarships to assist youth who are under-represented in certain career fields and who may find the cost of attendance a significant challenge. For more information on requirements and how to apply visit https://docs.google.com/forms/d/e/1FAIpQLSc2vAsJuQ3L6TTkT0LQeJ7WX-Gu_Fx-x45INE_3HBK-La4eNg/viewform?usp=sf_link. Applications are due January 22.



Illinois 4-H Alumni Event

Illinois 4-H is excited to host their first alumni event virtually on **Thursday, February 4, 7:00 PM**. We hope you will save the date for a fun evening of networking with Illinois 4-H alumni for a virtual trivia night. Trivia will be hosted by Hambone Entertainment, and questions will cover a wide range of knowledge including history, sports, pop culture, and, of course, 4-H! Teams will be randomly assigned to encourage new connections. The cost is \$10 per person, and registration will launch in early January at <https://4h.extension.illinois.edu/about/alumni>.

SCHOLARSHIPS AVAILABLE

Local 4-H Scholarships

Information about 2021 Sangamon County 4-H Foundation scholarships and Menard County scholarships will be available in January. The applications will be available on our website at <https://go.illinois.edu/lmsrecords> (scroll to bottom of page), and information will also be emailed to eligible members when it is available.

Farm Credit Illinois Agriculture Scholarship

Thirty \$2,000 scholarships are available to high school seniors with agricultural career aspirations planning to enroll in an agriculture-based college curriculum next fall. Selection criteria includes academic achievement, participation and leadership within school and community organizations, and a commitment to pursuing an agriculture-related career.

The application deadline is March 12. More information and the application are available at <https://farmcreditil.com/About/community-engagement/Scholarships>

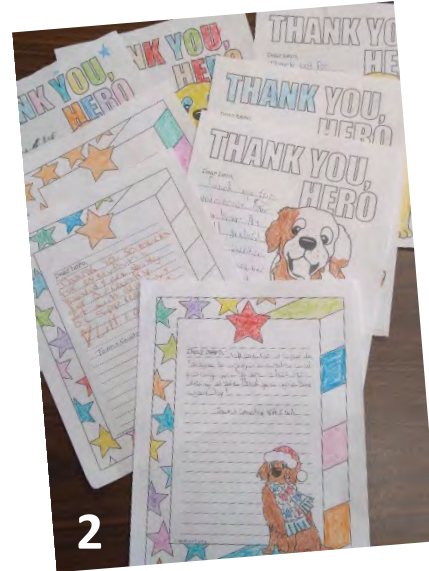
Heartland Beef Alliance Scholarship

Open to high school seniors who are residents of Logan, Mason, Menard, Sangamon, or Tazewell counties and have an immediate family member who is an active member in the Heartland Beef Alliance – two scholarships will be awarded (amounts between \$500 and \$1000). Must be from a family actively involved in beef industry, either showing or in production. Application includes an essay on “Opportunities for Young Beef Producers”. **Applications are due January 30** and available at <https://go.illinois.edu/lmsrecords> (scroll to bottom of page).



Clover Spotlight!

Your 4-H adventures can be featured too!
Submit articles and/or photos to Amy Zepp (azepp2@illinois.edu).



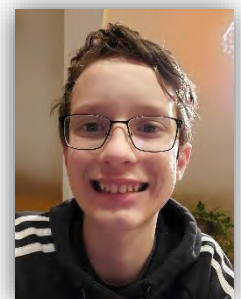
1. In October, the Sugar Creek Pioneers 4-H Club participated in the National 4-H Week service project by collecting more than 60 personal care items and distributing them among local micro-pantries.
2. Town & Country 4-H Club met for an outdoor meeting in November. Members wrote letters to veterans, collected socks to donate to the homeless, and heard talks about painting and fishing.
3. During a virtual meeting in December, Capital Clovers 4-H Club made “gingerbread” houses using milk cartons and graham crackers.



Junior Leadership Conference Report

The Illinois 4-H Junior Leadership Conference was held virtually on November 7. Evan Frazee, a member of the Sugar Creek Pioneers 4-H Club, attended the conference and shared with us what he learned:

The most interesting thing I learned is that you don't need to be an important figure to change the world. My favorite activity was the session about coming up with games for your club. It was interesting because it gave me a bunch of great ideas. An idea that I could use with my club is the idea of using icebreakers to get to know each other.





2019-2020 Member Awards

Congratulations to all Sangamon/Menard 4-H members who participated in one of the most unusual years in the 100-year history of the 4-H program! Member awards for 2019-2020 will be distributed to club leaders when clubs can start having in-person meetings again. Awards for members who participated in the 2020 State 4-H Show will also be given to leaders at that time. In addition to the recipients listed below, all 2019-2020 Cloverbud members and 2019-2020 club officers will receive certificates.

Records Completion Award,
ages 8-10

- Justin Alavarez
- Kirby Jo Bacon
- Leo Ciaccio
- Azaraya Collins
- Elsie Dozier
- Ada Holt
- Elliott Jennings
- Baleigh Jordan
- Colin Jordan
- Eli Ladage
- Carter McCarty
- Macie Willis

- Vincent Colantino
- Azaraya Collins
- Skylar Collins
- Grace Cook
- Paisley Crain
- Brock Davis
- Bryce Davis
- Josie Day
- Leah Dean
- Levi Dean
- Zachariah Dean
- Savannah Downs
- Madison Duewer
- Gentrie Earles
- Devon Ebken

- Sam Matejka
- Mina McKinney
- Marlee Megginson
- Carter Nieders
- Hannah Nieders
- Caelyn Nolder
- Isabella Pierce
- Luciano Pierce
- Cooper Ramm
- Luke Ratsch
- Frederic Rentschler
- Sophie Sarnes
- Ethan Satorius
- Oliver Shaw
- Caroline Smith

Records Completion Award,
ages 11-13

- Dallas Alavarez
- Bella Belvins
- Hypatia Holt
- Declan McCarty
- Michael Moldenhauer
- Sophia Waghorn
- Jadyn Wheat

- Beatrix Edwards
- Patrick Edwards
- Sadie Fiedler
- Josslyn Gensler
- Olivia Gregory
- Emily Harris
- Baley Heavner
- Allee Heriford
- Baleigh Jordan
- Liam Kane

- Blake Strong
- Grant Strong
- Brayden Ward
- Ellie Westervelt
- Libby Westervelt
- Dawson Wieland
- Anthony Wilcoxon
- Crosby Willis
- Caroline Wood

Records Completion Award,
ages 14-18

- Skylar Collins
- Adam Kloppe

- Luke Kenney
- Emily Kinner
- Corajoy Koke
- Eli Ladage
- Ahlienna Langley
- Jude Lumsden
- Alex Matejka
- Griffin Matejka
- Layla Matejka

New Alumni Pins

- Mary Brown
- Alex Bruno
- David Moldenhauer
- Lindsay Palmer
- Sophia Short
- Cheyenne Stout
- Brooklynn Wieland

First-Year Member Pins

- Justin Alavarez
- Adalyn Ashby
- Kinley Bolar
- Natalie Broch



EDUCATOR CORNER – Carissa Davis

How to Help Stressed Out Youth to Cope

Do you remember what stressed you out as a kid? I clearly remember worrying a great deal about my school grades and what my peers thought of me. Of course I wanted to do my best, but in my mind, I also had to be the best. That didn't always happen -- which caused me more stress.

Like adults, young people have stress. It can come in many shapes and sizes. Maybe it's due to a test grade, or a friendship, or the perceived expectations of parents. There may be family stress related to finances or farming situations.

What can we as volunteers and parents do to help young people better manage stress? It's important to pay attention to the warning signs of stress:

- Feeling sad or withdrawn.
- More irritable or moody than usual.
- Drastic changes in behavior or sleep patterns.
- Routinely expressing worries.
- Clinging more to parents.
- Sleeping too much or too little.
- Eating too much or too little.
- Complaining about school or activities they attend.



These behaviors may mean something's up and we should pay attention to determine how best to intervene or respond. Listen to the youth to better understand their thoughts, feelings and behaviors. Connect with their parents or other youth workers who know and work with the child.

We know that life events can have very different impacts on youth. For example, getting a C on a test is "no big deal" for some, but for others feels devastating. One factor is resilience -- the ability to recover from difficulties.

The American Psychological Association shares these suggestions:

- Make connections with others.
- Accept that change is a part of life.
- Develop a positive attitude about yourself.
- Take care of yourself.
- Learn about yourself.
- Define goals.
- Have a hopeful outlook.

Looking back, I realize that my 4-H leader tried to help me become resilient. She talked with me about what I was doing well and what I could have changed. She also taught me how to find the good in each life experience, to know that I had done the best I could that day, and to set a goal or two for the next experience.

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



Mark Your Calendar

Information current as of December 18; all activities are subject to change, following state and University guidelines

Refer to the article on page 3 for a list of animal ownership deadlines.

- *January 1* *Enrollment deadline for Beef Cow; Dairy and Goats (if you have State Fair Milking Does) projects*
- January 7 Sangamon/Menard Ambassadors (virtual)
- January 28 Sangamon County 4-H Foundation Annual Meeting (virtual)
- January 30 SURVIVOR!! Officer/Leadership Training (virtual)
- January 30 Beginning Photography Workshop (virtual)
- *February 1* *Enrollment deadline for Beef Steer project*
- February 6 Foods Workshop (virtual)
- 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* *Enrollment deadline for most projects to be eligible to exhibit in county 4-H shows*
- March 4 Sangamon/Menard Ambassadors (Springfield)
- 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)
- August 14 – TENTATIVE State Fair exhibit date for general projects chosen to advance from Sangamon and Menard counties (Springfield)

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.**