



★ ADVENTURES AWAIT! ★

March-April 2021

SANGAMON/MENARD 4-H NEWSLETTER

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

Enrollment and Project Selection Deadline – March 1

March 1 is the last day to enroll and to add projects if you want to be eligible to participate in this summer's 4-H Shows. If you need to add or change projects, please email Amy Zepp at azepp2@illinois.edu. If you need to request project books, please use the online form at <https://go.illinois.edu/pubsrequest>. Check with your friends in your 4-H club to be sure they have re-enrolled this year, too!

2021 4-H Shows

While the 2021 4-H shows will be shaped by the ongoing impact of the coronavirus pandemic, we are working hard to find solutions that balance the safety of our communities with the benefits our youth gain from participating in face-to-face exhibitions and judging. Our events must abide by the guidelines of both the University of Illinois and the Illinois Department of Public Health, so Illinois 4-H is exploring a variety of formats and structures that support a safe return to in-person 4-H shows. We remain committed to pacing our decision-making process in coordination with available data and safety protocols, but we are making plans that could allow for a return of in-person shows.

We will soon share with families the project exhibit requirements for 2021. We have scheduled tentative dates for some shows, but these are subject to change, and we will keep families informed as planning progresses.



Public Speaking Contest

The 2021 Sangamon/Menard 4-H Public Speaking Contest will be held Monday, **May 3**, 6:00 PM, at the Sangamon Extension Office (700 S Airport Dr, Springfield). Members who wish to participate must enroll in the 4-H Public Speaking project by March 1. Details about exhibit requirements will be sent to members enrolled in the Public Speaking project.

National 4-H Day of Service – April 24

The goal of National 4-H Day of Service is to encourage 4-H members across the county to make a positive difference. This year we would like to focus on thanking our remarkable Logan, Menard, and Sangamon County essential workers – Medical Personnel, Police Officers, Rescue Workers, Nursing Home Personnel, etc.! Some simple appreciation ideas include writing thank you letters or putting together packages with snacks, hand sanitizer, and lotions. We would enjoy seeing how your club shows gratitude to our local essential workers during April. Please share what you do (with pictures and a short paragraph) to Amy Zepp (azepp2@illinois.edu) by May 3.



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

One strategy for managing stress is to do something creative! The next Sangamon/Menard Ambassadors meeting will be held in-person on Wednesday, **March 10**, 6:00-7:30 PM in the metalworking classroom at the Springfield Art Association (700 N 4th St, Springfield). An Art Association teacher will guide us through creating a copper item using formfolding and metal stamping techniques. Space is limited, so registration is required by contacting Amy Zepp (azepp2@illinois.edu). The cost is \$10 per person for materials; please bring cash. Ambassadors is open to all 4-H members in 8th grade and older. Mark your calendar for the next Ambassadors meeting on May 6.

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. *This requirement does not apply to members exhibiting only poster/display projects.* Youth will again have two options to be certified in the 2020-2021 4-H year. We hope to schedule in-person trainings in May, and online training/testing will also be an option. Watch for email notification of when the YQCA training options become available. If you have questions, contact Carissa Davis (akpore@illinois.edu).

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.*

Nomination Information for State Fair Premiere Programs

Lambs for the 2021 Illinois State Fair Junior and Open Premiere (carcass) Shows – Lambs must be nominated, weighed, and tattooed at the local county level. Ewes and wethers are both eligible. Our UNIT State Fair Lamb Premiere weigh-in/tattooing is Saturday, **April 24**, 11:00 AM–noon at Greenhaven Animal Clinic, 30 US Hwy 136, San Jose. Please contact Sharon Lounsberry (slounsbe@illinois.edu or 217-300-8487) to register for the weigh-in so we know who to expect.

Non-Premiere lambs and goats for state fair (those showing in the live show only) – Exhibitors will self-nominate their non-premiere lambs and goats by filling out a nomination form (separate form should be used if nominating both lambs and goats), and submitting it to the Extension Office along with a close-up photo of the ear with the scrapie tag attached and readable (example on nomination form). The form can be found at <https://go.illinois.edu/LambGoatNomForm>. The nomination form/photos must be submitted to the Extension Office by **May 15** to be signed by Extension staff. A copy is kept at the Extension office, a copy is given to exhibitor, and a copy is mailed to state.

State Fair Pork Premiere Nominations – If you plan to exhibit in the Premiere class at the State Fair, **you MUST contact Sharon Lounsberry** (slounsbe@illinois.edu, or 217-300-8487) **before March 10** so we can determine if there is a need for a weigh-in to be set, and what date would be best if we do. To be eligible, pigs must be farrowed on or after February 10, 2021. Both purebred and crossbred pigs are eligible. Barrows must be nominated, ear notched, and tattooed before they are 35 days old; cannot weigh more than the equivalent of 1.0 pound per day of age when tattooed; and all pigs must be tattooed by April 15, 2021.



4-H Workshop Opportunities

Join Logan County 4-H volunteer Anna Catterson for one or more of these fun workshops! To register, go to <https://go.illinois.edu/spring4Hworkshops>. If you have questions, please email anna.catterson@heartland.edu.

- **Brownie Bars (VIRTUAL) | March 6 | 10:00 AM** – If you like a good, chewy, chocolate brownie, you’ll love making Brownie Bars! You will need: butter, 4 oz unsweetened chocolate, light brown sugar, eggs, vanilla, flour, sugar, milk, shortening, mini chocolate chips, and a 9x13-inch pan. This recipe will introduce some new cooking terms and require some advanced skills – perfect for those wanting to increase their baking experience!
- **Photography - Shutter & Aperture Priority (VIRTUAL) | March 20 | 10:00 AM** – Photographers at an intermediate level can practice using shutter and aperture settings to control the light that comes through your camera lens. You will need your camera, tripod or monopod, flashlight, glow stick (or anything that lights up), and a partner to help hold your props.
- **Fun with Quick Breads (VIRTUAL) | April 10 | 10:00 AM** – Learn about the basic ingredients in quick breads, methods of combining or mixing ingredients, and skills in preparation of batters and doughs. We will be making TWO recipes: Baking Powder Biscuits and Peanut Butter Muffins! You will need: self-rising flour, sugar, chunky peanut butter, milk, eggs, vegetable oil, all-purpose flour, baking powder, salt, shortening, and a biscuit cutter if you have one.
- **Photography - Photoshoot | April 17 | 6:30 PM (must have a parent drive)** – Meet at Union Hall (114 Arch St, Atlanta) and then convoy to a rural location for a fun photoshoot using steel wool and a kitchen whisk! You will need to bring your camera, memory cards, MUST bring a tripod or monopod, and a flashlight! We should be done by 8:00 PM.
- **Geocaching Day | May 1 | 9:00 AM (must have a parent drive)** – Want to know more about Geocaching? Join us in a scavenger hunt through Logan County! You will need a cell phone with the Geocaching app. Don’t worry – we will show you how to install before we start! We will meet at the Atlanta Public Library parking lot (100 E Race St, Atlanta) at 9:00 AM, and then convoy to the Geocache locations. We will share a list of the Geocaches we will be hunting AND we will even make our own Geocache! This will be a full day event, so pack a lunch!

STATE & NATIONAL OPPORTUNITIES

Tell Your 4-H Story through *Speaking for Illinois 4-H*

Illinois 4-H will be hosting a virtual *Speaking for Illinois 4-H* training on Saturday, **March 6**, 9:00-11:00 AM. Members age 14 and over are eligible to participate. This training prepares youth to share their 4-H story when they meet with county and state elected officials, potential donors, civic groups, and new volunteers. 4-H members must attend a training to be eligible to participate in Legislative Connection events. More information can be found at <https://4h.extension.illinois.edu/events/speaking-illinois-4-h-training>. Register by March 4 at <https://web.extension.illinois.edu/registration/?RegistrationID=23019>.



Join the Illinois 4-H Youth Leadership Team

You see them at state 4-H events in their bright green shirts – now YOU can become an Illinois State 4-H Youth Leadership Team member. Applicants must be age 16-19 and will serve for two years. The Team plans and implements the state Junior Leadership Conference, Speaking for Illinois 4-H program, and many other statewide events. Team members can serve on statewide committees and advisory groups, including the Illinois 4-H Foundation Board of Directors, Illinois Farm Bureau Youth Education Committee, Illini Summer Academies planning committee, and Teen Leadership Conference planning committee. Members also have the first opportunity to attend National 4-H Conference in Washington DC. **Apply by March 15** at go.illinois.edu/4HYLT. Look for “Applications” at the bottom of the page.



Youth Livestock Conference

This year's Youth Livestock Conference will be held in-person at the Orr Building on the Illinois State Fairgrounds on **April 24 and 25**. Participants will choose ONE DAY to attend. Open to 4-H members in grades 7-9. Registration opens March 1, and space is very limited, so you should sign up quickly if you are interested. The cost \$50, and financial assistance is available (see sidebar).

4-H Memorial Camp

4-H Memorial Camp is currently working on summer programming plans for 2021. Different programming options are being developed to align with Phase 4 and Phase 5 of the Restore Illinois Plan. The camp website will be updated with information concerning both camping and summer employment as decisions are made (<https://4h.extension.illinois.edu/programs/camping/4-h-memorial-summer-youth-camp>). Financial assistance is available (see sidebar).

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 more information visit <https://4h.extension.illinois.edu/events/illini-summer-academies> or email illinois4h@illinois.edu. Financial assistance is available (see sidebar).

Illinois 4-H Food Action Summit

Come to the table at the 2021 Food Action Summit! Share your ideas, vision, and passion while you network with food advocacy professionals on a shared vision for the future of food security, food access, and food justice. Open to 4-H members age 13 and older. This virtual summit will take place via Zoom on **May 15**, 9:00-11:00 AM & 12:30-4:30 PM. Registration opens March 1. For more information contact Mark Becker at mbecker@illinois.edu. Financial assistance is available (see sidebar).

Summer Programs at U of I

Discovering STEM in ACES is a two-week virtual experience, **July 11-23**, from the University of Illinois. Students will explore STEM programs dealing with food, environment, and human sciences. Students in grades 9-11 are selected based on grades, stated interest in STEM areas, letter of recommendation, and a final zoom interview. The application deadline is March 19. For more information visit <https://aces.illinois.edu/academics/diversity/discovering-stem>.

Students interested in exploring opportunities associated with becoming a veterinarian and working with wildlife can participate in the USDA Ag Discovery Program. This program is also virtual via Zoom, **July 11-30**. The deadline to apply is March 25. For more information visit <https://academics.aces.illinois.edu/diversity/ag-discovery>.

Both programs are FREE! Please contact Dr. Jesse Thompson, 217-333-3380, jthomps5@illinois.edu with questions.

Event Financial Assistance

Limited funding is available to provide financial assistance to 4-H members who wish to attend select state or national 4-H events but are unable due to the cost. To request assistance, members must submit a request form to their county's Extension Office **BEFORE** registering for the event they wish to attend. This form must be submitted no later than 1 week before the registration deadline of your event. Eligible events include:

- National 4-H Summit for Agri-Science
- Youth Livestock Conference
- 4-H State Food Action Summit
- 4-H Illini Summer Academies
- 4-H Memorial Camp
- National 4-H Conference

For a copy of the form, contact Amy Zepp (azepp2@illinois.edu).



Ag Career Exploration

Join a panel of professionals to learn about agriculture career pathways. Sessions are held 2:00-3:00 PM via Zoom. Topics include: Production Ag (March 2), Ag Sales (March 9), Ag Businesses (March 16), Vet Medicine (March 30), and Ag Education/Outreach (April 6). Register for one or all sessions at go.illinois.edu/AgCareers. For more information contact Shelby Carlzon at srcarls2@illinois.edu.

Minnesota 4-H Photography Challenge

Minnesota 4-H is excited to offer a photo challenge to Midwest youth in grades K-13. Explore the world in TONES for the Black & White Photography Challenge. In this challenge, we encourage you to play with shadows, look at texture, layer dark and light tones to create stunning black and white photographs. Submit up to three black & white images by 11:59 PM on **March 15**. Find more information at <https://extension.umn.edu/blackwhitephotos>

States 4-H International Exchange

Are you curious about daily life, culture, and youth in other countries? Host a Japanese youth this summer through 4-H International OR start planning now for a trip in 2022 to experience a foreign country in a month-long cultural immersion experience. For more information, visit <https://www.states4hexchange.org/> or contact Elisha Hughes at ehugh2@illinois.edu.



SCHOLARSHIPS AVAILABLE

Local 4-H Scholarships

Local scholarships for 4-H members are awarded on the basis of interest to pursue a higher education, 4-H background, scholastic record, leadership abilities, reference evaluations, and community involvement. Eligibility details are included on the application form. **For Menard County, the deadline to apply is March 1. For Sangamon County, the deadline to apply is March 31.** The applications are available at <https://go.illinois.edu/lmsrecords> (scroll to bottom of page).

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>



INFORMATION FOR CLUB LEADERS

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. The next Conversation will be held Thursday, **May 20**, 7:00 PM and will include the topics 1) *One for the Project, Two for the Show, Three to Get Ready...Go Clover Go!* and 2) *Summer Fun!* Register at <https://web.extension.illinois.edu/registration/default.cfm?RegistrationID=22738>.

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>

Clover Spotlight!

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



1. During their February meeting, members of Town & Country 4-H Club tied blankets to donate to St. John’s Hospital.
2. A dozen families participated in the virtual 4-H Family Cooking Night in February. Everyone logged in from their home kitchens and together we made chicken parmesan, garlic bread, roasted broccoli, and chocolate mousse.



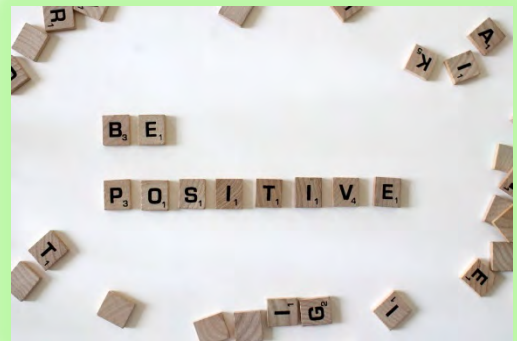
EDUCATOR CORNER – Carissa Davis

The Power of Positive Thinking

Positive thinking is a powerful tool that can improve your health, help manage stress, overcome challenges, and make better choices. Everyone can benefit from improving their positive thinking skills! The idea is that by changing your thinking, you can control your emotions and your actions. Positive thinking often starts with positive self-talk, which means using the voice in your head to say positive thoughts about yourself or a situation.

Positive self-talk are the words we say to ourselves to provide encouragement. We might use positive self-talk before a tough test, when we feel overwhelmed with homework, or after something doesn't go our way. The words we say to ourselves can have a huge impact on our confidence and perseverance.

Positive self-talk is a powerful social-emotional tool that can help kids and adults in many ways, from managing tough emotions to persevering through challenges. Reading positive affirmations, or sayings, in the morning is a healthy strategy to create a routine that builds our positive self-talk voice.



So often, kids and adults speak with a negative self-talk voice. Here are a few examples you might have heard:

- “This class is dumb.”
- “I can’t do this.”
- “I’m not good at math.”
- “I can’t believe I’m so stupid. How did I make that mistake?”

By explicitly teaching and practicing positive self-talk, we can help those kids and adults instead say things like:

- “Today will be a great day.”
- “If I work hard, I can do tough things.”
- “I am strong and beautiful.”
- “I make mistakes sometimes, and that’s okay.”

One of the most important ways to change negative self-talk to positive self-talk is to create an ongoing routine. It is truly a practice; one that requires effort, consistency, and encouragement.

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.**



Mark Your Calendar

Information current as of February 24; all activities are subject to change, following state and University guidelines

- March 1 Enrollment DEADLINE for most projects to be eligible to exhibit in county 4-H shows
- March 1 Menard County 4-H Scholarship application DEADLINE
- March 6 workshop – Brownie Bars (virtual)
- March 6 Speaking for Illinois 4-H training (virtual)
- March 10 DEADLINE to notify staff if you plan to exhibit in the State Fair Pork Premiere class
- March 10 Sangamon/Menard Ambassadors (Springfield)
- March 20 workshop – Photography Shutter & Aperture Priority (virtual)
- March 31 Sangamon County 4-H Scholarship application DEADLINE
- April 10 workshop – Fun with Quick Breads (virtual)
- April 17 workshop – Photography Photoshoot (Atlanta)
- April 24 National 4-H Day of Service
- April 24 State Fair Lamb Premier weigh-in/tattooing (San Jose)
- April 24-25 Youth Livestock Conference (Springfield)
- May 1 workshop – Geocaching Day (Atlanta)
- **May 3 Sangamon/Menard Public Speaking Contest (Springfield)**
- May 6 Sangamon/Menard Ambassadors (Springfield)
- May 15 DEADLINE to submit non-premier lamb and goat nomination form/photos
- May 20 4-H Volunteer Café Conversation #4 (virtual)
- June 4 State 4-H Livestock Judging Contest (Urbana)
- June 5 State 4-H Public Speaking Contest (Decatur)
- **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 25-August 1 State Fair Junior Horse Show
- August 11 State Superior Young Producer Contest–General Livestock (Springfield)
- August 13-15 State Fair Junior Livestock Shows (Springfield)
- **August 14 State Fair exhibit date for general projects chosen from Sangamon/Menard (Springfield)**
- August 16 State Poultry Show & State 4-H Poultry Judging Contest (Springfield)
- August 21 State Rabbit Show (Springfield)
- August 21 State 4-H Dairy Judging Contest & State Superior Young Producer Contest–Dairy (Springfield)
- August 28 State 4-H Dog Show (Dixon)

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