



★ ADVENTURES AWAIT! ★

March/April 2020

Sangamon-Menard 4-H Newsletter

Enrollment/Re-enrollment and Project Selection Deadline – March 1

2020 4-H Show Books

The 4-H Show Book contains everything you need to know to exhibit a project in the county show, including project exhibit requirements, show schedules, and rules. The 2020 Show Books for Sangamon and Menard counties will be completed soon and posted to the website. Families will be emailed a link to the Show Book when it is available.

Public Speaking Contest

The 2020 Sangamon-Menard 4-H Public Speaking Contest will be held **Thursday, April 30**, 6:00 PM at Concordia Village retirement community (4101 West Iles Ave, Springfield). Residents of the center will be invited to attend, along with family and friends of the presenters. Members who wish to participate must enroll in the 4-H Public Speaking project by March 1. Details about exhibit requirements will be included in the 2020 Show Book.

Sangamon-Menard 4-H International Night 2020

Explore the world at this year's Sangamon-Menard 4-H International Night on **Monday, April 20**, 6:00-8:00 PM at the Lincoln Land Community College Trutter Center. Clubs, individuals, and small groups are encouraged to present on a country of their choice. Countries are claimed first come, first served by contacting Amy Zepp (azepp2@illinois.edu).

National 4-H Service Month – April 2020

The month of April has been selected as a time for ALL 4-H clubs to join together to roll up their sleeves in service to local communities. There are two different ways you can participate:

1. Email your local Extension Office with a project that your 4-H Club has already done. Celebrate your success with a short story and pictures.
2. Join 4-H members and clubs across Illinois and the nation in April as part of *True Leaders in Service* by baking sweet treats and donating them to a local service agency. Make the sweet treats and deliver them as a 4-H club. Write a short story and email pictures to your local Extension Office.



The goal of the 4-H *True Leaders in Service* is to encourage 4-H members in every county to make a positive difference. Service projects can be done by individuals, by 4-H clubs, or as a countywide service project. Contact your local Extension Office with questions or to let them know how you plan to participate.

Support 4-H While You Shop

Donate to 4-H at your local **JOANN** store **March 1-April 30** by purchasing a \$1 or \$4 "Clover for Kids". A \$4 Clover includes a coupon for \$4 off your next visit to the store. The spring Paper Clover Campaign at **Tractor Supply Co.** stores will be **April 29-May 10**. Money donated during the campaign stays in the local community.

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<http://extension.illinois.edu/lms/4-h-youth-development> www.facebook.com/LMS.4H

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Sangamon County Extension Office • 700 S. Airport Drive • Springfield, IL 62707

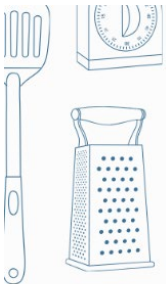
Phone: 217-782-4617 • Fax: 217-524-6662 • sangamon_co@illinois.edu

Archery Sessions

Interested in learning basic archery skills, or already know the basics and looking to further develop your skills? A series of six 4-H recreational archery sessions will be held on **Wednesday, March 11, 18, 25, April 1, 8, and 15**, 7:00-8:00 PM at RSA Indoor Range, 10041 Palm Road, Glenarm (near Double J Campground by Chatham). Youth ages 8-18 as of September 1, 2019 are eligible to participate. Equipment is available for use by participants. If a youth would like to use their own equipment, they can do so once it is checked and approved by the instructor. Registration is limited to 14 participants, with slots being filled on a first-come, first-served basis. Further details and registration can be found online at <https://web.extension.illinois.edu/registration/?RegistrationID=21739> For more information contact Sharon Lounsberry (217-782-4617 or slounsbe@illinois.edu).

4-H Pistol Opportunity

4-H will be offering a series of six .22 Pistol sessions on **Thursday, April 23, 30, May 7, 14, 21, and 28**, 6:00-7:30 PM at Lefthander's Gun Club, 9364 Rhea Park Rd, Loami. Class size will be limited to ten. Sessions are open to youth ages 12-18. Participants are NOT required to provide their own equipment, but they can bring their own for instructors to approve for use if they would like. There will be a \$20 activity fee to cover the series of six sessions. Additional details and registration can be found online at <https://web.extension.illinois.edu/registration/?RegistrationID=21920>.

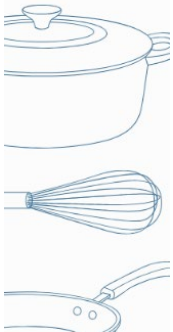


Two Foods Workshops!

Food Demonstration Workshop: Do you want to feel more confident giving a talk/demonstration to your club or talking with the judge at the 4-H show? During this interactive workshop you will see a food demonstration, analyze a recipe, learn about nutrition, and practice your own food demonstration.

Saturday, March 21, 9:00-11:00 AM, Sangamon Extension Office (700 S Airport Dr, Springfield)
\$5 per person, open to any youth age 8+

Details and registration at go.illinois.edu/FoodDemoWorkshop



Food Decorating Workshop: In this hands-on workshop, you will learn how to use "piping" equipment to make frosting decorations. We will practice beginner-level piping techniques – borders, lettering, leaves, and flowers – that can be used for the Visual Arts Food Decorating project exhibit.

Monday, April 13 (during spring break for most schools), 9:00 AM-12:00 PM
at the Sangamon Extension Office (700 S Airport Dr, Springfield)
\$4.00 for 4-H members and \$6.00 for non-members; open to any youth age 8+

Details and registration at go.illinois.edu/FoodDecorWorkshop

Sewing Special Interest Club Forming

Youth who join the new 4-H STEAM Sewing SPIN Club, sponsored and led by the Capitol Unit of the Sangamon County Association for Home and Community Education, will learn basic sewing and quilting skills and complete a small quilt or throw. Youth ages 8-18 (as of September 1, 2019) are eligible to participate. The club will meet **Thursday, April 2, 9, 16, 30, May 7, and 14**, 6:00-7:30 PM, at the Sangamon County Extension Office (700 S Airport Dr, Springfield). Cost is free for current 4-H members. A \$20 annual program fee will be required for youth not currently enrolled as a 4-H member for the 2019-2020 4-H year. Space is limited, and slots will be filled on a first come, first served basis. Check out full details and registration at <https://web.extension.illinois.edu/registration/?RegistrationID=21478>.

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

Beginning in 2019-2020, Illinois 4-H requires all youth ages 8-18 enrolled in livestock projects complete annual quality assurance certification through the Youth for the Quality Care of Animals (YQCA) program. Youth **MUST** take this training prior to making their county 4-H show entries. (Entries will NOT be approved unless training is complete.) This does not apply to youth exhibiting animal or veterinary science poster/display projects. Youth have two options to be certified. You may attend a certification program hosted by the Extension Office (cost \$3), or you may complete the training online (cost \$12). Each county will be offering an in-person training opportunity. You may attend the training that works best for your schedule.

- **Tuesday, March 17, 6:00-7:30 PM** – Logan County Extension Office
- **Thursday, April 2, 6:00-7:30 PM** – Menard County Extension Office
- **Monday, April 27, 6:00-7:30 PM** – Sangamon County Extension Office

Youth who choose to attend an in-person instructor-led training will need to register online through the YQCA website. Youth **MUST** pre-register and pay online; no walk-in registrations or money can be taken the day of the training. For further instructions: https://extension.illinois.edu/sites/default/files/yqca_further_instructions_lms.pdf

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

Members exhibiting horses, poultry, rabbits, dogs, and cats are still required to take the Quality Assurance and Ethics (QAEC) training. QAEC 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.) If it is your first year in the horse, poultry, rabbit, dog, or cat project, and you also plan on taking beef, swine, dairy, goat, or sheep, you are required to take both ethics certifications.

Nomination Information for State Fair Premiere Programs

Lambs for the 2020 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 this year. Our UNIT State Fair Lamb Premiere weigh-in/tattooing is scheduled for **Saturday, May 2**, 11 AM–noon at Greenhaven Animal Clinic, 30 US Hwy 136, San Jose. Please contact Sharon Lounsberry at slounsbe@illinois.edu or 782-4617 to register for the weigh-in so that 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 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 at slounsbe@illinois.edu, or 782-4617, before March 10** so that we can determine if there is a need for a weigh-in to be set, and what date would be best to hold it if we do. To be eligible, pigs will have to be farrowed on or after February 10, 2020. 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, 2020.

Changes at the Illinois State Fair

The very best projects exhibited at the county level will be chosen to compete against projects from 4-H'ers across the state at the 2020 Illinois State Fair.

Please carefully read about the following changes for this year's state fair.



- With the timing of the state fair and the start date for many schools, the **4-H General Project Show at the state fair has been condensed to three days: August 14-16. Sangamon and Menard counties will exhibit on Saturday, August 15.**
- General project exhibits must be **in place by 9:30 AM and remain on display until 4:00 PM.**
- The awards will include **Champion Medals** for the highest score in each project class and **Reserve Medals** for the second highest score in each class. Cash premiums from the state will be paid to the medal winners. **Innovation Awards** will be given to exhibits judges find inspiring, innovative, or creative and are not based on scores. Medal winners cannot receive the innovation award in 2020.
- **New projects** eligible for the state fair this year include Child Development, Leather, Sports Nutrition, Family Heritage, and Shooting Sports displays.
- The **State 4-H Public Speaking Contest** will be held on the General Project Show days during the state fair. Members can compete in a speech and also bring a project to exhibit on their county exhibit day. Members must be selected at their county Public Speaking Contest (April 30 in Springfield) to advance to the state competition.
- **Ewe lambs** are now eligible for the premier show.
- The **junior poultry show** begins Monday, August 17.
- The **State 4-H Poultry Judging Contest** will be held at the state fair on Monday, August 17.
- The **junior rabbit show** begins Saturday, August 22.
- All **livestock ownership deadlines** can be found at go.illinois.edu/4Hlivestock.

Additional details about the state fair will be provided to those chosen at the county show to advance to state.

Understanding Copyright and Trademark Laws

When an author, musician, designer, or artist creates something, it is immediately protected by copyright or trademark laws. For project exhibits, 4-H members cannot use someone else's design, logo, artwork, words, or music without permission from the original owner. (For example, you can't draw a picture of a Ford logo, put Micky Mouse ears on your cake, or include a SpongeBob image a project exhibit board.) This also means that your project exhibit should not look exactly like something that can be found on Pinterest. Combining parts of different patterns – pictures, photographs, images from the internet or a magazine – with your own ideas can result in an original design, but simply changing the color, pattern and/or size of a pattern does not make the design original. *We want members to express their own original ideas and creativity!*

STATE AND NATIONAL OPPORTUNITIES

4-H Illini Summer Academies

Illinois 4-H Illini Summer Academies give high school students an opportunity to explore collegiate learning on the University of Illinois campus. Summer 2020 sessions will be held **June 21-26**.

Registration is open March 16-April 17. Learn more at go.illinois.edu/illini4H.



4-H Horse Contests

Demonstrate your knowledge of equine-related subject matter through these contest opportunities:

- 4-H Hippology Contest – **Saturday, April 18**, 8 AM at David Kinley Hall on the U of I campus in Champaign. Cost is \$5 per person. Participants must pre-qualify at a regional contest. Learn more at go.illinois.edu/4Hhorsejudging
- 4-H Horse Speaking Contest – **Saturday, April 18**, 10 AM at David Kinley Hall on the U of I campus in Champaign. Cost is \$3 per entry. Pre-qualification is not required, but you must **register by March 1** by contacting Amy Zepp (azepp2@illinois.edu). Learn more at go.illinois.edu/4Hhorsespeaking
- 4-H Horse Bowl – **Sunday, April 19**, 8 AM at the Education Building on the U of I campus in Champaign. Cost is \$5 per person or \$25 per team. Participants must pre-qualify at a regional contest. Learn more at go.illinois.edu/4Hhorsebowl

The Central Regional 4-H Horse Contests will be **Saturday, April 4**, at Lincoln Land Community College in Springfield.

4-H Fish Camp

With the lake fully stocked, 4-H Fish Camp is back at 4-H Memorial Camp near Monticello, **10 AM Saturday, May 2, to 2 PM Sunday, May 3**. Catch largemouth bass, crappie, bluegill, and channel catfish; and learn about fishing tips, lures, bait, equipment, knots, fish behavior, fish management, and fish cleaning. Each group will be assigned a cabin with single bunks for lodging. Participants must bring their own bedding and toiletries. A fee of \$50 per person covers the complete program, lodging, boat, bait, and three buffet meals. Pre-registration and payment is required by calling 4-H Memorial Camp at 217-762-2741 or emailing Curt Sinclair at sinclair@illinois.edu. For more information visit go.illinois.edu/4Hfishcamp

Cheer on 4-H and the Cardinals

Illinois and Missouri 4-H members, parents, volunteers, and alumni will gather at Busch Stadium on Saturday, **May 9** for the 19th annual 4-H Day with the Cardinals. The Cardinals will play the New York Mets in an afternoon game. Tickets for the game are \$28 each and include a specially designed t-shirt featuring the 4-H Clover on the back and the Cardinals emblem on the front.

Families who purchase tickets will have the opportunity to participate in a parade around the Busch Stadium outfield. Pre-game ceremonies will include a recitation of the 4-H pledge and ceremonial first pitches by an Illinois and Missouri 4-H member. As an added bonus, the Cardinals give-away item for the game is an adult mystery player alternate blue jersey. The first 30,000 fans age 16 and older will receive a Mikolas, DeJong, or Flaherty jersey.

Tickets for the event must be ordered through the Missouri 4-H Online system and paid for with a debit/credit card.

1. Go to go.illinois.edu/4HCardinals2020 before March 23 or earlier because they sell out quickly!
2. Click the "Tickets" down arrow.
3. Select "Non 4-H Member Instructions" (meaning we are not MISSOURI 4-H MEMBERS)
4. Don't use your Illinois 4-H online profile.

You can also register for fun prizes and opportunities, such as throwing out the first pitch, autographed baseballs, and tickets to other Cardinal baseball games. For information about ticket or t-shirt orders, contact Rhonda Shafer, at shafferr@missouri.edu or 636 528-4613. For information about the parade, game day activities: contact Dave Hileman at hilemand@missouri.edu or 636-583-5141.

Clover Spotlight!

Your 4-H adventures can be featured too!

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



1. 4-H'ers learned sewing skills and created bedside organizers during a workshop taught by members of the local American Sewing Guild chapter.
2. For their January meeting, the 4-H Ambassadors learned about careers in performing arts during a backstage tour of the UIS Performing Arts Center.
3. Town & Country 4-H Club held a pizza and board game party in December.
4. 4-H'ers receive instructions and practice their skills during the first series of Archery sessions at RSA Indoor Range.

Educator Corner ~ Carissa Davis

Communication & 4-H Youth – How to Talk Positively with Youth

What do children need to help them learn? To grow up happy? They need to know that adults care, in general, and certainly in 4-H. Caring through communication makes a difference, helping to bring out the best in them. Positive communication has a dramatic effect on strengthening relationships. Positive communication will increase understanding, kindness and cooperation with friends, family and community.

Effective communication drives all aspects of day-to-day life. In our own unique way, we communicate with others every day. As a 4-H volunteer, you are in a unique position to guide youth through projects and activities. By using positive communication skills, you will motivate, encourage and validate progress. Positively communicating with children shows your acceptance and support.

Have you noticed how you present your thoughts or listen when you communicate with someone? You probably use different modes, such as gestures, facial expressions, words, notes, e-mail or phone conversations. As you communicate positively with youth, you will determine which ways are most effective for you.

How can you best communicate with youth? Be yourself. Be honest. Learn their names. Meet their parents. Give them your undivided attention, as much as possible. Introduce them to people. Include them in conversations. Kneel, squat or sit so you're at their eye level. Notice when they're absent.

Tell them what you expect, in 4-H projects, club activities and in general. Give clear directions. Introduce them to new experiences. Show your interest by asking questions. Encourage them to think big. Inspire their creativity. Make decisions together. Encourage win-win situations and solutions. Share their excitement. Suggest better behaviors when necessary.

Expect their best; don't expect perfection. Respect the choices they make. Give them immediate feedback. Give compliments. Cheer their efforts and applaud their success. Encourage them to help others. Thank them. Have fun together.

Here's a novel communication tool...use your ears more than your mouth. Listen. Welcome their ideas. Learn what they have to teach. Follow them when they lead. Answer their questions.

Communication goes a long way beyond what you say to youth; your words are important, but your actions speak loudly. Remember your role as a 4-H volunteer to nurture youth with good words. Positive communication can bring about desirable outcomes and generate good feelings, improve self-esteem, increase motivation, inspire productivity, increase happiness and success. Your communication in 4-H and life can help make a child's dreams, big and small, feel possible and become a reality.

Thank you University of Nebraska Extension for providing valuable information.



Mark Your Calendar

- **March 1** Project enrollment deadline to be eligible to exhibit at County 4-H Shows
- March 1-April 30 JOANN "Clovers for Kids" Campaign
- March 11 Archery sessions begin, Glenarm
- March 12 4-H Ambassadors meeting, Springfield
- March 17 YQCA training, Lincoln
- March 21 Food Demonstration Workshop, Springfield
- April 2 YQCA training, Petersburg
- April 2 STEAM Sewing SPIN Club begins, Springfield
- April 4 Central Regional Horse Contests, Springfield
- April 13 Food Decorating Workshop, Springfield
- April 18-19 State 4-H Horse Contests, Champaign
- April 20 Sangamon-Menard 4-H International Night, Springfield
- April 27 YQCA training, Springfield
- April 29-May 10 Tractor Supply Co. Paper Clover Campaign
- April 23 Public Speaking registration due
- April 30 Sangamon-Menard 4-H Public Speaking Contest, Springfield
- **May 1** Websites open for making County 4-H Show entries
- May 2-3 4-H Fish Camp, Monticello
- May 9 State 4-H Robotics Competition, Bloomington
- May 9 4-H Day at the Cardinals
- May 14 4-H Ambassadors meeting, Springfield
- **May 15** Horse Show paperwork due
- June 1 All General Project Show entries, and Sangamon Livestock Show entries due
- June 7 Logan/Menard/Sangamon 4-H Horse Show, Rochester
- June 12 Logan/Menard/Sangamon 4-H Dog Obedience, Showmanship & Rally Show, Chatham
- June 15 Menard County Livestock Show entries due
- June 15 4-H State Livestock Judging Contest, Champaign
- June 27 Sangamon-Menard General 4-H Projects Show, New Berlin
- June 27-28 Sangamon County 4-H Livestock Shows, New Berlin
- July 1 Entry deadline for IL State Fair Junior Livestock Shows
- July 14-18 Menard County 4-H Livestock Shows, Petersburg
- July 16 Sangamon-Menard 4-H Rabbit Show, Petersburg
- July 26-August 2 State Fair Junior Horse Show, Springfield
- August 1 Logan/Menard/Sangamon 4-H Dog Care and Cat Shows, Lincoln
- August 15 State Fair General Project Exhibit Day for Sangamon & Menard Counties, Springfield
- August 17 State Fair Junior Poultry Show, Springfield
- August 22 State Fair Junior Rabbit Show, Springfield
- August 29 State 4-H Dog Show, Dixon

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.