



★ ADVENTURES AWAIT! ★

May/June 2019

Sangamon-Menard 4-H Newsletter

2019 County 4-H Show Information! Show registration information was mailed to 4-H members. The Sangamon County and Menard County Show Books are available online <https://web.extension.illinois.edu/lms/sangamon4h/5133.html> (Show Books and other show information is available on our website under the “4-H Shows” tab.) ***Don’t feel overwhelmed by the show book! Just read through the first 10-11 pages that are relevant for everyone and then look up the exhibit information for each of your projects. Project exhibit requirements are listed in the book in alphabetical order, with the exception of the live animal exhibit requirements and rules, which are listed after the requirements for the General Project Shows. Please pay close attention to **exhibit requirements and deadlines** and contact 4-H staff with questions!

COUNTY SHOWS ENTRY DEADLINES: Unit 16 Horse Show- May 24; Sangamon/Menard General Projects Show – June 3; Sangamon County Livestock Shows – June 3; Menard County Livestock Shows June 14.



Sangamon County Swine Nomination Form Due June 3- Sangamon County 4-H members are required to complete a nomination form listing all animals they plan to bring to the Sangamon County 4-H Swine Show, and submit them to the Extension office by June 3. Forms can be found online at <https://web.extension.illinois.edu/lms/downloads/61475.pdf>, or hard copies requested from the Extension office.

4-H Shooting Sports Exhibition Opportunities: 4-H Shooting Sports members may choose to exhibit a poster display at the General Project Show on Saturday, July 6, at the Sangamon County Fairgrounds in New Berlin, in addition to, or instead of, participating in a Shooting Sports Shoot. See the 4-H Show Book online at <https://web.extension.illinois.edu/lms/sangamon4h/5133.html> for details and entry information for the General Project Show. Members who participated in Shooting Sports sessions held during the 2018-2019 4-H year are eligible to participate in Shooting Sports Shoot(s) for disciplines they were active in. Dates/Times are as follows:

- 4-H .22 Rifle/.22 Pistol/Air Pistol Shoot – Thursday, May 30, 6 p.m. at Lefthanders Gun Club.
- 4-H Shotgun Shoot – Thursday, July 18, 6 p.m., at Lefthander’s Gun Club, Loami (*tentative*).
- 4-H Archery Shoot – Wednesday, August 21, 6:30 p.m. at Panther Creek Archery Club, Chatham

Events are open to the public to observe and learn about the various Shooting Sports opportunities 4-H offers.

4-H Family Fun and Picnic: 4-H Foundation is hosting a Family Picnic at noon on Saturday, July 6, in the pavilion at the Sangamon County Fairgrounds in New Berlin, following the General Project Show. All Menard and Sangamon County 4-H families are invited. Hot dogs, chips and drinks will be provided for those who register by June 28th online at <https://web.extension.illinois.edu/registration/?RegistrationID=20401> (If families want to come and bring a picnic lunch of their own, they can do so without pre-registering.) Following the picnic will be 4-H Recognition and Family Fun Activities including: recognition of 4-H Scholarship Winners, Activities, and Games.



<http://web.extension.illinois.edu/lms/4h.html> www.facebook.com/LMS.4H Menard County Extension Office 420 S. 7th • Petersburg, IL 62675 Phone: 217/632-7491 • Fax: 217/632-2425 • E-Mail: menard_co@illinois.edu Sangamon County Extension Office • 700 S. Airport Drive • Springfield, IL 62707 Phone: 217/782-4617 • Fax: 217/524-6662 • E-Mail sangamon_co@illinois.edu

One of the games that will be part of Family Fun will be Tug O' War. Any youth wanting to participate should show up the day of the event, (Saturday, July 6) at 12:30 pm at the scales by the livestock barns on the Sangamon County Fairgrounds. Teams will be formed from those present. We encourage spectators as well as participants to put the date on your calendar and check out details in the 4-H Show Book online at

<http://web.extension.illinois.edu/lms/sangamon4hshows/>

Menard County 4-H Trapshooting Club to form in Petersburg: Sessions are on Thursday evenings 6 p.m., at the Menard County Fairgrounds in conjunction with the Menard County Sportsman's Youth Program. Participants must be age 10 -18 (age as of September 1, 2018), have access to a shotgun and ammunition, and an adult who attends with them. Participation will be limited. If interested please contact Sharon Lounsberry at slounsbe@illinois.edu, or 632-7491 on Monday/Wednesday, or 782-4617 on Tues. Thurs., or Fri.

4-H Archery Sessions: Sangamon-Menard Extension will be offering a series of six 4-H recreational archery sessions at Panther Creek Outdoor Archery Range, located at 1 W. Gilreath Road, Chatham, IL. Sessions will be on Wednesday evenings May 22, 29 & June 5, 12, 19 & 26, beginning at 6:30 p.m. Youth ages 8-18 as of September 1, 2018 are eligible to participate. Equipment is provided for those who need it. Beginner, intermediate, and advanced archers are welcome. Slots will be filled on a first-come first-served basis.

There will be an activity fee of \$30 collected in advance, to cover the six week series. If the lump sum payment is a hardship, please contact Sharon Lounsberry to discuss options. Complete details and registration can be found online at <https://web.extension.illinois.edu/registration/?RegistrationID=20260>

4-H Shotgun Sessions: 4-H Shotgun sessions in Sangamon County have been scheduled for 2019. Youth who are ages 12-18 years old are eligible to participate. Sessions will be held at Lefthander's Gun Club, Loami, IL, from 6 p.m. until dark on the following Thursday's: June 6, 13, 20, 27, and July 11 & 18. There will also be two Sunday sessions at Raging Bullett shooting range at Auburn (formerly Edgewood Shooting Park), on June 30 & July 7, from 12-2 p.m. Participants are not required to have their own gun to participate. Everyone should plan to use a 4-H gun and ammo at the first session, unless they are a past participant that has had their gun/ammo approved by 4-H volunteer instructors. New participants to the program that want to use their own gun can discuss that option with instructors at the first session. There will be a \$5 fee for each session to cover the cost of the clay birds, payable to Abe Lincoln 4-H Shooters. Participants will be responsible for supplying their own ammo. If not having a FOID card is an issue for being able to supply your ammo, with advance notice, instructors will have ammo available for purchase at the current prevailing price. Details about ammunition will be covered at the first session on June 6. Each shooter is encouraged to provide his/her own ear and eye protection, but the club will have some on hand for those who need it. Complete details and registration can be found online at <https://web.extension.illinois.edu/registration/?RegistrationID=20259>

4-H Cooking 101 Camp

A 4-H Cooking 101 Camp is being offered for **youth ages 10-14 on July 23rd & 25th at the Menard County Extension Office from 1 – 4 pm each day**. There will be NO CHARGE to attend. Camp will teach skills needed to prepare and serve healthy snacks and meals. Participants will learn skills ranging from how to crack and egg, to measuring, to even planning your own menu! Participants will be able to make and taste all the recipes they create. **Register online at** <https://web.extension.illinois.edu/lms/sangamon4h/> - a maximum of 25 will be accepted (will also be open to general public)

The 4-H Sizzlin' Science Adventure!

Make Your Summer Sizzle with STEM-tastic, Hands-On, FUN Science! Are you interested in Science or think that being a Scientist sounds like a fun career? Young scientist will experience bridge building, explore electricity by making their own flashlight, find your own way through a hexbug maze and play exciting minute to win it science games. 4-H is waiting to start this free science adventure with you! All you have to do is sign up at <https://web.extension.illinois.edu/lms/sangamon4h/>.

The Buzz on Bees

University of Illinois Extension Master Naturalist Pam Moriearty will team up with local beekeeper Jay Gaydos to offer “The Buzz on Bees”, a two-session workshop series on native bees and domestic honeybees for youth 10 – 16 years old (because we will be working around live bees, maximum enrollment will be 10 participants). *The Buzz on Bees* sessions will be held at Creekside Outdoor Center for Environmental Education north of Lincoln, IL from 10:30 am – 12:00 on May 25 and June 1, 2019. The sessions will cover biology and behavior, habitats, role in pollination and current threats to bee populations. Activities will include games, projects and field studies of honeybees and native bees. Please register for the Buzz on Bees at <https://web.extension.illinois.edu/registration/?RegistrationID=20361>

Come watch robots take over the world; Illinois 4-H STEMbot Robotics Competition Join Illinois

4-H and over 500 youth at the 2019 State Robotics Challenge! This year’s challenge revolves around one of the largest and fastest growing professional sectors in the world...STEM! As such, each task this year will revolve around STEM related fields and concepts, and will help illuminate some of the work that STEM professionals do. There is no cost to watch. This year’s competition will take place at the McLean County Fairgrounds in Bloomington on Saturday, May 11. For general questions and more information on the challenge, please visit the IL 4-H Robotics Facebook group: <facebook.com/groups/il4hrobotics/>. For all other questions or inquiries, please contact illinois4h-stem@illinois.edu

Illinois State Fair Livestock Entry Information: Illinois State Fair Jr. Department books with classes & requirements are available only on the web at <https://www2.illinois.gov/statefair/competitions/premium-books> . Jr. Livestock animal entry forms are also available at this site, and can be filled in online before printing. **State Fair Jr. Livestock Dept. entries will need to be submitted by the 4-H member TO STATE FAIR.** The deadline to enter the Illinois State Fair Junior Horse Show is June 1. The deadline to enter the Illinois State Fair Junior Livestock Show is July 1. **Entries must have membership verification signature from Extension office, before you submit them to the entry department. Deadline for this verification is May 24 for Horses, and June 28th for all other species, (regardless of date printed on the State’s form).** You may want to call in advance of stopping by the Extension office to make sure a staff person that can verify your enrollment is present. JR Dept judging schedule found here: <https://web.extension.illinois.edu/lms/downloads/78435.pdf>

Non-premiere lambs and goats for State Fair (live show only) – reminder that the new nomination format for this year requires exhibitors to 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 self-nomination form can be found here:** <https://go.illinois.edu/LambGoatNomForm> **and the nomination form/photos must be submitted to the Extension office by May 15** to be signed by Extension staff.

Win \$1000 (Beef, Sheep, Swine, Dairy, Horse members age 14-18): The Superior Young Producers Scholarship Program is offered by the Illinois State Fair to 4-H members in beef, sheep, swine, dairy, and horses as an educational activity at the Illinois State Fair to promote youth development and personal growth. Three \$1,000 scholarships will be provided in horses, and three \$1,000 scholarships will be provided in dairy. A total of nine \$1,000 scholarships will be provided in a combined contest for beef, sheep, and swine contestants. The SYPA contest is open to 4-H members who are 14 years of age or older doing project work in the species area for which they are entering. 4-H age is determined as of January 1, 2019. Participants do not have to be exhibiting animals at the Illinois State Fair to participate in the SYPA contest. Dates of contests are as follows: Horse: July 24, Beef/Sheep/Swine: August 7, Dairy: August 17. Entries are requested prior to the State Fair Junior Shows. Check out more details on page 32 of the book @ <https://www2.illinois.gov/statefair/competitions/premium-books/Documents/livestock.pdf> . The contest is supported by the Illinois 4-H Foundation and its sponsors.

State Fair Non-Livestock Information: During our 4-H General Project Shows, some projects are chosen to go on to exhibit at the IL State Fair Junior Show. Our exhibit day is Friday, August 9. The 4-H member must be present. If he or she cannot be present, the opportunity is given to an alternate. All projects will again be displayed in the Orr Building, which is air-conditioned. Projects will remain on display all day. Projects will be checked in from 8-9 a.m., and will be dismissed at 3:30 p.m. Judging times will be posted at check-in, and will not be related to the order in which you check in.

4-H Records & Award Applications! It's not too early to start working on your 2018-2019 4-H Records! Records are due to your leader by September 1. Late applications may not be judged. Application forms and information are available on our website <http://web.extension.illinois.edu/lms/sangamon4h/3173.html> Check out the 4-H Records Tips posted once a month on our website and Facebook page!

Treasurer and Secretary Book Printouts:

At the end of the 4-H fiscal year (8/31), 4-H Clubs are required to turn in the club's 4-H Treasurer's record book (unless they do not have a treasury) and the 4-H Secretary's book to the Extension Office. There are IRS and other rules that mandate this, and it is not optional. If you are a club Secretary or Treasurer, please be sure you are keeping your records and completing your book throughout the year. If you are not clear about the duties of your officer position, please work with your 4-H Leader to get the information you need to fulfill your duties. 4-H Leaders, ***please periodically check*** with your treasurer and secretary, to be sure they are keeping track of and working on the book on their computer.

Advocate for Livestock as 4-H Ambassador: Join a team of 22 young adults who are passionate about Illinois agriculture and livestock. Applications are being accepted for the state 4-H Livestock Ambassador Team. Applications are due June 1 and available @<https://4h.extension.illinois.edu/members/leadership>

- You must be 16 to 21 years of age (as of 9/1/19)
- Terms are two years long, beginning in September. Members can serve two terms if age allows.
- You'll be required to attend face to face meetings and online teleconferences, as well as help with several projects around the state each year.



Illinois State 4-H
Youth Leadership Team

We're Looking for New Members!

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.

- **Eligibility:** Age 16 to 19 by September 1, 2019.
- **Length of service:** Two years, so new Team members selected this summer will serve from September 1, 2019 through August 31, 2021.
- **Apply online:** go.illinois.edu/4HYLT. Look for the application at the bottom of the page under "Resources."
- **Deadline:** June 7 (for interviews during Illini Summer Academies); July 19 (for interviews during State Fair).

The State Youth Leadership Team plans the state Jr. Leadership Conference, plans and teaches the Speaking for Illinois 4-H program, and assists for many other statewide events. Team members may serve on statewide planning 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, D.C. each spring.

Summer Job Opportunity: The 4-H Foundation is looking for reliable, hardworking teens as well as adult Assistant Managers to work this summer in the 4-H Food Stand located on the IL State Fairgrounds. Teens should be age 16-19. 4-H membership and past experience in the food stand are a plus, but not required. Applicants for Assistant Manager should have food service experience, be at least 21 years old, and have an Illinois food handler's license (or be willing to obtain one). For full consideration applications must be received by June 14th and be mailed to: University of Illinois Extension Sangamon-Menard Unit, c/o Sangamon County 4-H Foundation, 700 S. Airport Dr. Springfield, IL 62707. Please contact Angela Gerberding, 217-306-3119 with questions. Applications can be found on the Extension website under the printable forms tab <https://web.extension.illinois.edu/lms/downloads/63809.pdf>

Open your home to an exchange student, and open your lives to the world!

Host a Japanese or Korean youth this summer through States' 4-H International! Expand your family's cultural understanding, learn about new foods and customs, and possibly learn a new language all while sharing your own. Your children will build lifelong friendships and will gain new perspectives on their own country, too!

Be aware:

- Families hosting a youth must have a child the same gender and approximate age (12-18) as the incoming youth.
- Youth must have a separate bed; a separate room is not required.
- Host family selection is dependent on completion of an application and screening process as well as student availability and personality compatibility. **Applications are due June 1.**

For more information, visit: <http://www.states4hexchange.org>, or contact Illinois representatives Miriam Rosenbohm @ rosenbohm07@comcast.net or Elisha Hughes @ ehugh2@illinois.edu



Tell your story. Win \$50: Everyone has a 4-H story. Now, you can win \$50 for telling yours! Winners statewide will be selected and their 4-H story used in 2020. Here is everything you need to know.

- Your video should be no longer than 90 seconds.
- Your video should relate to one of these topics:
 - Through 4-H, I've been able to ...
 - In my 4-H XXXXX project, I've learned
 - 4-H has taught me to care about my community. I've ...
 - 4-H has helped me feel welcomed by
 - I've strengthened my leadership skills through 4-H by ...
 - In the future I want to XXXXX and here's how 4-H has helped ...
- Every video should end with "Because of 4-H, I Thanks for helping me grow!"
- There are divisions for 4-H Members, 4-H Volunteers, and 4-H Alumni!!!!!!
- Send the video file to us at illinois4H@illinois.edu or post it to YouTube and share the link in an email to us. Be sure to save the original file in case we need it later.
- Include your first name, your county, and your 4-H club name.
- A parent or friend can record you—you're not being evaluated on the video but on your 4-H story. Of course, the more creative the video content, the better your chance of winning.
- It's okay to tell your story over time. For example, you may want to show a lamb when it's born, as you work on it, then in the show ring and put all those clips together into your entry.
- Videos will be accepted from May 1 to August 1. Winners will be announced and shown at the Illinois State Fair.
- Finalists may be asked to improve or edit their video to comply with Extension 4-H guidelines.
- Questions? Email Judy at illinois4H@illinois.edu.

Your 4-H adventures can be featured too! Submit articles, photos, stories, videos, etc. to Sharon Lounsberry slounsbe@illinois.edu



Clover Spotlight!

- Members of the Sewing Special Interest Club made 4-H pillowcases for the activity at their first club meeting to practice basic sewing skills, and honed their skills throughout the six-week series constructing a garment of their choice!
- Talkington 4-H Club held a food drive at Dollar General to benefit the Waverly Food Pantry, as part of the 4-H True Leaders in Service Campaign. Their efforts brought in a total of 152 pounds of food and some cash to donate to the food pantry!
- Eight Countries were represented at International Night! Attendees learned about each country through presentations by club members, and got to try various food samples!
- Klayton and Austin's entertaining Oral Interpretation presentation took first place at the Sangamon-Menard Public Speaking Contest! Congratulations to all of the participants on a job well done!

Educator Corner ~Carissa Davis

Personal Management

Let's face it, we are all guilty of trying to cram too much into our schedules. We spend our days running from one appointment to another, working early mornings and late evenings only to find our list getting longer and our stamina dwindling until our flame is only an ember. We are either wishing the day would come to an end, or hoping for an extra hour. But the fact is, time is an equal opportunity commodity, and how we optimize every day is dependent on the choices we make. Personal management begins with the understanding that in every aspect of our life we have a choice and for every choice there is a consequence. No matter how trivial or consequential, we choose our response.



How we choose our response is dependent on our life's mission. Many people spend weeks and even months planning the perfect vacation, but when it comes to our lives, we have the tendency to "take things as they come".

Becoming clear on our principles and values allows one to become focused on the most important things. Creating a personal mission statement begins with identifying the 5-7 most important roles you play as well as setting goals in how you want to effectively fill each role. While this process may take some time, it will become the foundation that grounds you in your life purpose.

Once we have developed our mission and understand what is important, we can then begin to match our mission to our actions. Stephen Covey refers to this process as scheduling the Big Rocks. In this process we set aside 30 minutes each week to focus on our mission and set goals within each of the areas of our life. From there we dedicate blocks of time to accomplish our goals, remembering that we are striving for effectiveness, and not just efficiency. (This mindset will prevent us from filling every hour in our schedule.) The final step in the planning process is to set aside 5-10 minutes each day to review your progress and make any necessary adjustments.

Because life can be full of surprises, we will never be able to avoid all crisis or emergencies. However, this process will minimize the time we spend on urgent matters allowing us to enjoy this beautiful journey we call life!

Non-Discrimination Statement

Each 4-H club and, thus, each member is being 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.

Mark Your Calendar:*See newsletter and website for registration and further details**(If you need a reasonable accommodation to participate in advertised programs, please contact U of I Extension, 782-4617)*

- **May 1: DEADLINE** complete QAEC for all those in animal projects
- May 4: Premier Wether lambs weighed/tattooed, Petersburg Vet Clinic.
- May 4-5: 4-H Memorial Fish Camp, Monticello
- May 11: State 4-H Robotics Competition, Bloomington
- May 11: 4-H Day with the St. Louis Cardinals
 - **May 15: DEADLINE:** State Fair non-premiere lamb/goat nomination forms/photos due to Extension office
- May 22: 4-H Archery Series #3 begin at Panther Creek Archery Range, Chatham
 - **May 24: DEADLINE** for Unit 16 4-H Horse Show Entries
 - **May 24: DEADLINE** Horse Ownership/Lease Forms & photos to Extension office for STATE FAIR ONLY, and have Extension staff sign State Fair Junior Horse Show Entries
- May 30: 4-H .22 Rifle/.22 Pistol/Air Pistol Shoot – Lefthanders Gun Club, 6 p.m.
 - **June 3: DEADLINE** All General Projects and Sangamon County Livestock Show Online entries due
 - **June 3: DEADLINE** Sangamon County Swine Nomination Forms to Extension office
- June 4-8: 4-H Memorial Camp Week 1
- June 6: 4-H Shotgun series begins at Lefthander's Gun Club, Loami
- June 8: Illinois 4-H Public Speaking Contest, Decatur
- June 8-15: Citizenship Washington Focus Trip to Washington D.C.
- June 9 Unit 16 4-H Horse Show (rain date June 23rd) at Refuge Ranch
- June 9-13: 4-H Memorial Camp Week 2
 - **June 14: DEADLINE** Menard County 4-H Livestock Entries
- June 16-20: 4-H Memorial Camp Week 3
- June 17: Illinois 4-H State Livestock Judging Contest, Champaign
- June 22 Sangamon-Menard 4-H Clothing Show
- June 23-29 Illini Summer Academies
- June 30-July 4: 4-H Memorial Camp Week 4
 - **July 1 DEADLINE** – entry deadline for IL State Fair Junior Livestock Shows
- July 3: Set-up for 4-H Show at Sangamon County Fairgrounds in New Berlin, 5:30 p.m.
- July 6: Sangamon-Menard 4-H General Project Show in New Berlin
- July 6-7: Sangamon County 4-H Livestock Shows
- July 16-21 Menard County Fair & 4-H Livestock Shows
- July 18: Sangamon-Menard 4-H Rabbit Show, Menard County Fairgrounds, morning
- July 18: 4-H Shotgun Shoot - Lefthanders Gun Club, 6 p.m. (tentative)
- July 20-21: Illinois 4-H Shooting Sports Volunteer Certification
- July 21: Menard County Livestock Sale
- July 22 -28 Illinois State Fair Junior Horse Show, Springfield
- July 23-25: 4-H Cooking 101 Camp – Menard County Extension office, Petersburg
- July 28-Aug. 1: 4-H Memorial Camp Week 5
- August 7: Illinois 4-H State Poultry Judging Contest, IL State Fairgrounds, 4:30-6:30 pm
- Aug 9: Illinois State Fair- General Project Exhibit Day
- Aug 13: Illinois 4-H Foundation Hall of Fame celebration
- Aug 21: 4-H Archery Shoot – Panther Creek Archery Club, Chatham, 6:30 p.m.
- Aug 24: Illinois 4-H State Dog Show, Granny Rose Canine Enrichment Center in Dixon

#thats4H

Head- Heart- Hands - Health

★ ADVENTURES AWAIT! ★

May/June 2019

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