



September 2020

# IMPACTING YOU

Serving Coles, Cumberland, Douglas, Moultrie, and Shelby Counties



## 4-H HALL OF FAME

Shelby County 4-H is pleased to announce that Sandy Brix has been selected to receive the Illinois 4-H Foundation Hall of Fame Award for her service to the Shelby County 4-H program. Sandy has been a 4-H volunteer with the Tailwaggers 4-H Club in Shelby County 4-H for 33 years. Sandy has been teaching dog obedience and agility to hundreds of 4-H members throughout the years. She has taught at least two generations of three families. Sandy was also very active on the Shelby Extension Foundation for many years, supporting Extension and the Shelby County 4-H program. Sandy has also been the 4-H & Jr. Fair Dog Superintendent for the past 24 years. "The Shelby County 4-H Dog program wouldn't be what it is today without the love and support from Sandy Brix," says Yolanda Nation, Shelby County 4-H Program Coordinator.

Illinois 4-H programs reach nearly 200,000 youth each year through 4-H clubs, camps, educational programs, workshops, and conferences held in communities, schools, parks, and homes across Illinois. In total, more than 15,000 volunteers fill key leadership and mentoring roles.

To volunteer in your community, one may request information from your local Extension office. "There is a place for everyone in 4-H, whether you have an hour or a lifetime to give," Barnard says.

Pictured is Sandy Brix with her dog Bernie

## Virtual Wits Fitness

Join University of Illinois Extension Educator Cheri Burcham, as she leads participants online through interactive activities designed to exercise the brain, to maintain and enhance cognitive function and memory.



Tuesday, September 8, 2020

2:00 to 3:30 p.m.

Offered virtually by Zoom

Cost is FREE

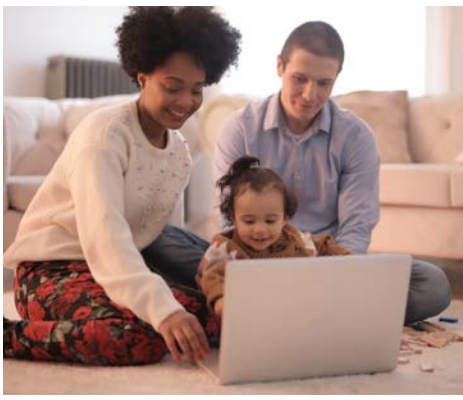
Must register to receive login instructions by contacting

Cheri Burcham at [cburcham@illinois.edu](mailto:cburcham@illinois.edu)



## Fall Plant Sale!

Save the Date for the Master Gardener Fall Plant Sale on September 26th! The sale will be held 8AM-12PM at the 18th Street Fall Festival, Coles County Health Department, Charleston. Hope to see you there!

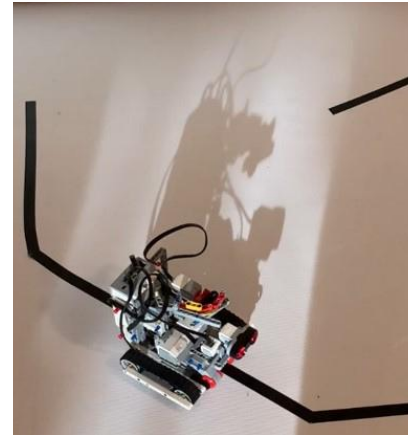
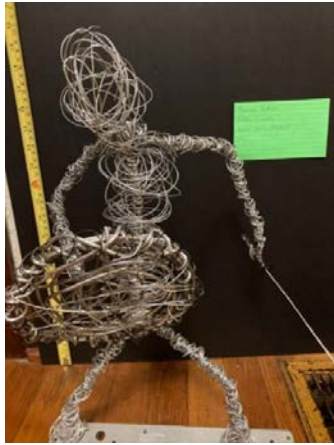


## FAMILY RESOURCES

Extension administration reported that Extension COVID pages with Family and Consumer Science content had 16,895 hits during the key pandemic content months! To access helpful resources for the family, check out the site at <https://extension.illinois.edu/global/resources-families>

## Coles County 4-H Projects 2020

Here is a sampling of some of the great 4-H projects Coles county 4-H members completed for the 4-H Virtual Fair!



A great way to keep up with what we are doing and upcoming events is to check out our Facebook page at <https://www.facebook.com/UniversityOfIllinoisExtensionUnit19/> as well as our website at <https://extension.illinois.edu/ccdms>

## Cumberland County 4-H

If you would like to see more pictures of projects from the Cumberland County Virtual Fair, please visit <https://go.illinois.edu/cumb4hresults>