



★ ADVENTURES AWAIT! ★

July-August 2020

SANGAMON/MENARD 4-H NEWSLETTER

All information in this newsletter is subject to change, following state and University guidelines. We will continue to send updates as new information becomes available. Please contact staff via email (Sharon Lounsberry at slounsbe@illinois.edu or Amy Zepp at azepp2@illinois.edu) if you have questions.

What is the status of upcoming 4-H Shows?

- Menard County Livestock Shows
 - Will be held virtually using the FairEntry system
 - Entries accepted July 6-17
- Unit 16 4-H Dog Shows (includes Dog Care, Obedience, Showmanship, and Rally)
 - Will be held virtually using the FairEntry system; exhibit details will be emailed to members enrolled in the Dogs project
 - Entries accepted July 10-24
- Unit 16 4-H Cat Show
 - Will be held virtually using the FairEntry system; see details on page 3
 - Entries accepted July 10-24
- Illinois State Fair
 - The 2020 Illinois State Fair has been canceled, but there will be modified 4-H exhibit opportunities.
 - For General Projects, State Fair Delegates and Alternates will be chosen during the county shows. If you are chosen to advance, the information/photos you submitted for the county show will be used for state-level judging.
 - There will NOT be State Fair livestock or horse shows, but the Illinois Department of Agriculture will host a Junior Livestock Expo in Springfield and a Junior Horse Show in Du Quoin.
 - Additional details are on page 2.

What do I do next?

- Carefully review the updated exhibit requirements for your project areas and instructions on how to upload your exhibit to the online FairEntry system. All information is available on our website at <https://extension.illinois.edu/lms/4-h-sangamon-menard-county> (scroll down to the gray box).
- You will not need to log into FairEntry until you are ready to upload the photos and information for your projects to be judged.

What if I have questions?

- Since local staff are still working from home, please reach out via email if you have questions – Carissa Davis (akpore@illinois.edu), Sharon Lounsberry (slounsbe@illinois.edu), or Amy Zepp (azepp2@illinois.edu).

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Extension



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 & 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.



Illinois State Fair Exhibit Information

The 2020 Illinois State Fair has been canceled, but there will be modified state exhibit opportunities for 4-H members. For General Projects, State Fair Delegates and Alternates will be chosen during the county shows. If you are chosen to advance, the information/photos you submitted for the county show will be used for state-level judging.



Counties have been divided into three groups to be judged during 3 weeks in August. **Sangamon and Menard State Fair Delegates will be judged during the week of August 3-9.**

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.

Master Showmanship Contest Canceled

The 2020 Illinois State Fair Master Showmanship Contest, hosted by the Illinois Farm Bureau and the RFD Radio Network, has been canceled. Following the announcement of the cancelation of the Illinois State Fair, they explored several other options, but they felt they were unable to establish an alternative contest that would accomplish the same level of prestige and intense competition. The Illinois Farm Bureau and RFD Radio Networks are already looking forward to the 2021 Illinois State Fair Master Showmanship Contest and wish you the best as you participate in virtual 4-H shows this summer.

Junior Livestock Expo

The Illinois Department of Agriculture will host a Junior Livestock Expo at the Illinois State Fairgrounds in Springfield, open to any youth ages 8-21. This is not a 4-H sponsored activity but may be of interest to members enrolled in these project areas. More information is available at <https://www2.illinois.gov/sites/agr/Documents/20%20JrLivestock.pdf>.

September 11-13

- Beef (entry fee \$20)
- Sheep (entry fee \$15)
- Dairy Goats (entry fee \$15)
- Pygmy Goats (entry fee \$15)
- Rabbits (entry fee \$1)
- Poultry (entry fee \$1)

September 18-20

- Swine (entry fee \$15)
- Dairy Cattle (entry fee \$15)
- Meat Goats (entry fee \$15)

Junior Horse Show

The Illinois Department of Agriculture will host a Junior Horse Show at the State Fairground in Du Quoin, open to any youth ages 8-21. The entry fee \$10. This is not a 4-H sponsored activity but may be of interest to members enrolled in the Horse project. More information is available at <https://www2.illinois.gov/sites/agr/Documents/20%20JrHorse.pdf>.

- August 29-30 – English Show Portion
- September 5-6 – Western Show Portion



Unit 16 4-H Cat Show

This year’s Unit 16 4-H Cat Show will be held virtually using the FairEntry system. Sangamon/Menard 4-H members enrolled in the Cat project who would like to participate in the live animal exhibit should **upload their entries July 10 noon – July 24 noon**. Participants will be required to upload a copy of their Cat Record Book and a photo of the whole cat. They also have the option to upload a photo of the cat’s head/teeth. Virtual Shows Entry and Upload Instructions can be found at <https://extension.illinois.edu/lms/4-h-sangamon-menard-county> (scroll down to the gray box).

Exhibit Guidelines:

1. Completed Cat Project Record book must be submitted through FairEntry upload by July 24. The record book can be found online at: <https://go.illinois.edu/lmscatrecordbook>
2. Cats must be a year of age or older to be exhibited.
3. Limit of one cat and one kitten per exhibitor.

Outdoor Cat – Spends more than 50% outside
 Indoor Cat – Spends more than 50% inside
 Kitten – between the ages of 4 months to a year

Treasurer Books & Secretary Books

After the end of the 4-H year on August 31, all 4-H clubs are required to turn in their Treasurer Book (unless they do not have a treasury) and Secretary Book to the Extension Office. **Officers should complete their books and turn them into their club leader by August 31.** Treasurers should work with their club leader to get the additional signatures needed for the Illinois 4-H Club Annual Financial Statement found on pages 2-3 of the Treasurer Book. Secretaries should record minutes of virtual meetings, as well as in-person meetings. If you have not already started your records, the current books can be found at <https://extension.illinois.edu/lms/4-h-club-resources-logan-menard-sangamon-counties>.

4-H Records and Awards Applications

It’s not too early to start working on your 2019-2020 4-H Records! The type of Records you do each year depends on your age. All the documents are available at go.illinois.edu/LMSrecords. For each type of Records you will find a blank version, a fillable digital version, and an example version. **Records are due to your leader by September 1. Records can be completed digitally and submitted to leaders via email.**

What are 4-H Records?

Completing your 4-H Records is the annual process of tracking what you did during the past year. 4-H Records include:

- What you accomplished and learned in connection with your 4-H projects
- Participation and leadership in 4-H, school, and community activities
- A written narrative about what you learned, challenges you faced, and what you plan to do in the future

Your Records will be reviewed at the county level, and you will receive feedback on areas to improve.

Why should I do 4-H Records?

- Earn awards — everyone who submits Records will receive a completion award; older members can compete for state-level awards
- Celebrate your accomplishments and goals you met
- Gain organizational skills by tracking your activities
- Be ready for future applications for college, scholarships, and jobs



2020 Illinois 4-H Family Spirit Award

The Illinois 4-H Foundation and its board of directors would like to congratulate the **Jerry and Joan Theobald Family** of Sangamon County as winners of the 2020 4-H Family Spirit Award! The Family Spirit Award recognizes an Illinois family who has substantially benefited from and who continues to advocate for the Illinois 4-H program over multiple generations. To be nominated, a family must have a minimum of three generations of representation; 15 different family members (including in-laws) that have either been 4-H members, leaders, or volunteers; and 100 cumulative years of 4-H membership or volunteerism.



4-H Hall of Fame 2020 Inductees

We are happy to recognize this year’s inductees into the 4-H Hall of Fame:



- **Jeffrey Sampson** was an 8-year member of the Blue Ribbon 4-H Club and has been a dedicated volunteer for more than 20 years! Jeff is a strong supporter of the youth and events in the livestock area, having served on the Menard County 4-H Livestock Committee for 16 years and assisting with the Beef Weigh-in and Livestock Sale each year. He also serves as Poultry Superintendent and an award sponsor. Jeff is someone you can count on, and we appreciate his dedication to Menard County 4-H!
- **Robert (Woody) Woodruff**’s life exemplified the 4-H Motto. Woody put his heart into “Making the Best Better” first as a Peace Corps volunteer in Mauritania, Africa, followed by 2½ years as 4-H Program Coordinator, and then 6 years as a 4-H Club Leader, Show Superintendent, and Judge. He also dedicated 30 years to restoring habitat at the historic prairie site known as Mud Prairie, where he often hosted events for 4-H families and groups, sharing his knowledge and passion for conservation and outdoor skills. We are thankful Woody chose to invest his time and talents into the 4-H program.



STATE AND NATIONAL OPPORTUNITIES

Fun 4-H Family Learning Challenge!

Have fun, find new hobbies, try new things, get some 4-H swag, and grow closer as a family in this work at your own pace challenge! Learn how to program a simple computer game, research your family history, bake some AMAZING bread, create a business plan, give back to the community, and so much more! Plus, if you complete all the challenges by the end of July, you will receive an AWESOME 4-H Swag Bag (while supplies last!) sponsored by the State 4-H Office and the Illinois 4-H Foundation! So what are you waiting for? Sign up, share with your friends, and let’s have some fun!! SIGN-UP AT: go.illinois.edu/FamilyChallenge



Illinois 4-H Open Source Ag

With the generous support of the BRANDT Corporation, Illinois 4-H is starting a new program where youth can get hands-on experience with cutting edge ag technologies. Youth will have the opportunity to work directly with a team of specialists in the state 4-H office as well as collaborate with U of I undergraduate students. Thanks to help from student interns from the Crop Science Department, we are nearing the completion of our first FarmBot prototype on campus at the Student Sustainable Farm. If you know a young person interested in innovative applications for technology in agriculture, please contact Mark Becker, Illinois 4-H Food Systems Specialist, for more details at mbbecker@illinois.edu.



Illinois 4-H Making a Difference in Local Communities!

Illinois 4-H clubs can keep the *True Leaders in Service* momentum going as they demonstrate their HANDS in larger service! In response to continuing needs in our communities due to COVID-19, the deadline for *True Leaders in Service* projects is extended to July 31. 4-H'ers have been collaborating virtually to collect and donate food to stock the shelves at local food pantries; make cards, videos, and encouraging yard signs to support vulnerable populations including shut-ins and senior center residents; and put their sewing skills to work as they made face masks which were distributed at medical facilities, local businesses, and in communities. Find resources and the link to register your plan for service outreach at <https://4h.extension.illinois.edu/clubs>. The goal of *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.

Sportsman's Skills Challenge

It's not too late to participate in the 4-H Everyday Sportsman's Skills Challenge, which **runs through July 15**. Interested 4-H members are presented with three sportsman's skills at a time which they learn by viewing suggested videos. Once they've mastered the skills, they contact their 4-H staff person (Amy Zepp, azepp2@illinois.edu) to communicate what they've learned. Each skill level mastered gets the 4-H member entered into a drawing for a high-quality multi-tool sponsored by Illinois Pheasants Forever. To get started, visit <https://4h.extension.illinois.edu/events/4-h-everyday-sportsmans-skills-challenge>



4-H Volunteer Café Conversations

Illinois 4-H is excited to announce a new series launching in August. This will be an opportunity for volunteers across the state to meet and discuss timely topics, share ideas, and access tools and techniques to support 4-H clubs and member learning experiences. Topics and dates will be posted on Illinois 4-H social media.

Tractor Supply Company 4-H Fundraiser

Since the Tractor Supply Company Spring Paper Clover campaign was postponed, TSC will host a 100% online fundraising campaign this summer. Customers will be able to **make online donations at checkout July 15-26**. This should work for both online (shipped) purchases and curbside pickup. Plans are moving forward for the regular Fall Paper Clover campaign on October 7-18.

4-H LIVE

Despite a global pandemic, Illinois 4-H'ers have not stopped doing amazing things! Illinois 4-H LIVE is an opportunity for young people to be highlighted and recognized for their talent, skill, and passion for the creative and performing arts. U of I Extension staff will establish regional competitions online, allowing top performers from around the state to compete in an online statewide showcase in fall 2020. This showcase will provide an opportunity to recognize the achievements of Illinois youth and celebrate the importance of sharing art and creativity during difficult times. Fall dates for Regional 4-H LIVE competitions will be released soon. For more information, contact Mark Becker (mbbecker@illinois.edu).





Congratulations to our 2020 4-H Scholarship Recipients!



Clay Bruno
Sangamon County



Rachel Fishburn
Sangamon County



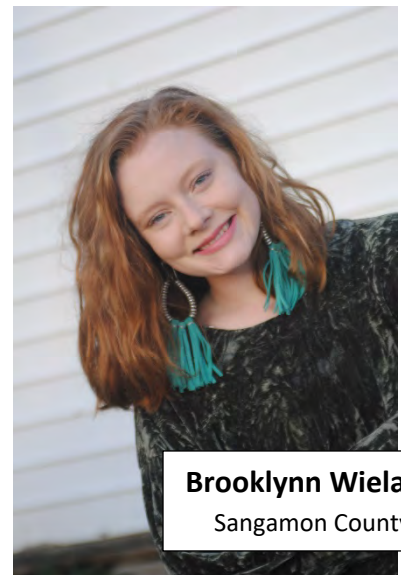
Dylan Fletcher
Menard County



David Moldenhauer
Sangamon County



Jake O'Brien
Menard County



Brooklynn Wieland
Sangamon County



EDUCATOR CORNER – Carissa Davis

Strong Kids ~ Social Emotional Series (can be found at <https://www.facebook.com/LMS.4H/>)

What is **self-awareness**? It is the ability to identify our own feelings, as well as how our feelings and thoughts influence what we do.

Explore what is self-awareness with a video created by CASEL
<https://youtu.be/dZL2eZBe4Ew>

Conversation Starters

- What do you like to do to make yourself feel good about yourself?
- How do you think your friends would describe you?
- Tell me something you could teach someone else.
- Tell me about three people you care about.



Learning by Doing Exercises

- **Identify emotions** - Positive emotions are good for our minds and bodies. Making sure we have daily helpings of positive emotions is just as important as getting those daily helpings of nutritious vegetables and fruits. Practice positivity at <https://tinyurl.com/yau4m9ot>
- **Possess self-confidence** - Try something new for 30 days! Jump start your journey by linking into <https://tinyurl.com/y79wy2hs>
- **Recognize strengths** – What are common automatic, negative thoughts and thinking traps
<https://youtu.be/m2zRA5zCA6M> Wellcast also offers a worksheet to help youth deal with automatic thoughts
<https://tinyurl.com/ybl7zfk4>
- **Have an accurate self-perception** - Draw a map of your connections! There are many layers of people we care about and many generations of people who care about us. This map will help you visualize the meaningful connections in your life. Further instructions can be found at <https://tinyurl.com/y8687hb7>
- **Demonstrate self-efficacy** - Start a reflective writing journal to express emotions that may be difficult to share verbally. Writing prompts could include:
 - When was I at my best and worst today?
 - What can I learn from my mistakes today?
 - If I wrote the words I need to hear most, what would they be?

Sources: <https://wabisabilearning.com>; <https://www.landmarkoutreach.org>; <https://kidshealth.org>; <https://inspiredstudents.org>;
<http://actforyouth.net>

*****Existing or topics to come include self-management, social awareness, relationship skills and responsible decision making.**



Mark Your Calendar

information current as of July 1

All events scheduled through August 15 are canceled or transitioned to an online format.

- July 1 *Decision shared regarding events scheduled August 1-15*
- July 6-17 FairEntry open for uploading entries for Menard County 4-H Livestock Shows
- July 10-24 FairEntry open for uploading entries for Unit 16 4-H Cat Show
- July 10-24 FairEntry open for uploading entries for Unit 16 4-H Dog Show
- July 15 *Decision shared regarding events scheduled August 16-31*
- August 1 *Decision shared regarding events scheduled September 1-30*
- August 29 State 4-H Dog Show (Dixon)
- August 29-30 Junior Horse Show – English (Du Quoin)
- August 31 Club Secretary and Treasurer books are completed and turned in to club leader
- September 1 4-H Records due to club leader
- September 5-6 Junior Horse Show – Western (Du Quoin)
- September 11-13 Junior Livestock Expo – Beef, Sheep, Dairy Goats, Pygmy Goats, Rabbits, and Poultry (Springfield)
- September 18-20 Junior Livestock Expo – Swine, Dairy Cattle, and Meat Goats (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 in advertised programs, please contact the office at 217-782-4617.

Are you a 4-H Alumni?

We want to stay connected to you! The Illinois 4-H Alumni Association is building a network of 4-H alumni to join the alumni association.

Sign up today for your free membership: <https://go.illinois.edu/4halum>

Follow the Illinois 4-H Alumni Association on Social Media.

- Linked In: <https://go.illinois.edu/LinkedIn4HAlumni>
- Facebook: <https://www.facebook.com/groups/il4halumni/>
- Twitter: <https://twitter.com/IL4halumni>
- Instagram: <https://www.instagram.com/il4halumni/>



Do you have news or life changes to share?

Moved - New Address? Did you get a new job? Married? Promotion? New Baby? A recent death of a 4-H alum?

We would love to hear your updates and stay connected! <https://go.illinois.edu/4HALumniNews>