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**ST. CLAIR COUNTY
 4-H Family News**



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 St. Clair County 4-H

Looking for ways to stay connected?

Take a minute to sign up for the following FREE services so that you can continue to meet with your clubs and also join in on the meetings, talks, and demonstrations that Extension will be hosting during this time of shelter in place:

- ♦ Zoom: <https://zoom.us/>



- ♦ Skype: <https://www.skype.com>
 (phone apps also available)



Physically distant...socially connected

CLOSURES

Just a reminder that all 4-H related activities, including meetings are cancelled through May 31st or until we have been cleared to return to work.



Monroe County Office

901 Illinois Ave., PO Box 117
 Waterloo, IL 62298
 618-939-3434, 618-939-7708 Fax

Office Hours:

Monday- Friday:
 8:00 a.m. — 4:30 p.m.

Madison-St. Clair County Office

1 Regency Plaza, Suite 200
 Collinsville, IL 62234
 618-344-4230, 618-344-5602 Fax

Activities for March



Calm Jars: Used to help lead kids through positive self talk practices.

Supplies: glass jar, decorations, paper

To Make: Decorate your glass jar any way you like, then write positive, calm phrases on small strips of paper that you can place into your jar. (I am calm, I am confident, I am a worthy person, I am loved, etc.) Print some at 4-H.org/CalmCards

Activity: Sit in a calm, safe space.

- ◆ Begin by taking several deep breaths.
- ◆ Take each slip out, one at a time, and read aloud while taking a deep breath.
- ◆ Use the cards to calm your stress, nerves or anger.
- ◆ Cards can also be used daily by selecting a new one each day.

Fruit Salad: Make a delicious snack to share with your family.

Ingredients: 2 apples, 1/2 C. strawberries, 1/3 C. peaches, 1/4 C.

grapes, 3/4 C. orange juice, 1 T. lemon juice, juice of 1/2 grapefruit

Supplies: Measuring cup & spoons, knife, hand juicer, mixing bowl

Activity steps:

- 1) Chops apples, strawberries, peaches and grapes; place fruit in bowl.
- 2) Pour lemon juice, grapefruit juice, and orange juice over the fruit.
- 3) Stir well, serve, and enjoy.



Write Thank You Letters

Think about all of those people in your life who are there to support you and help you grow, including your parents, grandparents, siblings, extended family, 4-H leaders, teachers, etc. Take some time

to write them letters letting them know how much they mean to you following these letter writing tips:

- ◆ Address the person appropriately. "Dear" is a lovely way to begin
- ◆ Say thank you. Actually use those words in the first sentence or two so they know why you are writing.
- ◆ Give some specifics. Let them know why you are saying thank you by giving them some examples of how they are important to you.
- ◆ Personalize each letter. Let that person know you are speaking directly to them by using their name and specific ways they have touched your life.
- ◆ Have a proper ending. "Sincerely" or "Love" is always a nice way to finish.

Take a Virtual Field Trip!

Are you tired of sitting at home during this extended shelter in place? Try escaping through your computer, phone or tablet:



- ◆ The San Diego Zoo has a website just for kids with amazing videos, activities, and games: <https://kids.sandiegozoo.org/>
- ◆ Tour Yellowstone National Park: <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
- ◆ Explore the surface of Mars on the Curiosity Rover: <https://accessmars.withgoogle.com/>
- ◆ This Canadian site FarmFood 360 offers 11 virtual tours of farms from minks, pigs, and cows, to apples and eggs: <https://www.farmfood360.ca/>

Thanks to Laura Ohren from Pin Oak Progressors 4-H Club for providing the above resources



Organization	Information	Amount	Deadline	Website
Lucille and Lester Korsmeyer 4-H Scholarship	A scholarship for four consecutive years is available to a high school senior who's been actively involved in 4-H for at least four years. Applicant must be from Madison, St. Clair or Monroe County and must have a minimum 3.0 GPA.	\$1,000	April 17, 2020	https://extension.illinois.edu/sites/default/files/fillable_lucille_-_lester_korsmeyer_scholarship_2020.pdf
Livestock Boosters of St. Clair County	If you show livestock at the 2020 St. Clair County 4-H Show and submit an essay (at least 300 words) describing why you want to participate in the learning experience and what you anticipate learning, you can win a scholarship to help offset the cost of a 4-H learning experience in 2021 such as Junior and Teen Leadership Conference, Livestock Conference, Illini Summer Academies, etc.	Up to \$200	N/A	Submit entries to: Tori DeClerc 605 Phil Kate Circle Freeburg, IL. 62243 toriwaller27@gmail.com

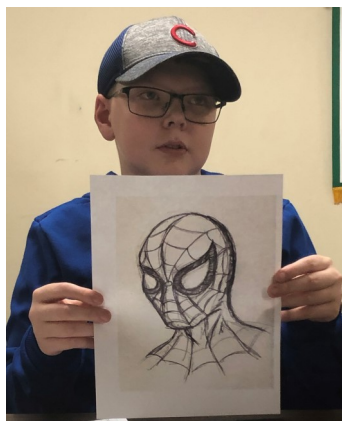


Dairy Quiz Bowl

Congratulations to Zachary Paul from the Alhambra Morning Glories 4-H Club!

Zachary was asked to be a member of the 2020 IL 4-H Dairy Quiz Bowl Team that will compete at the National Contest in Louisville KY.





Cloverleaf Ag and Cloverleaf Ag Cloverbuds

The Cloverbuds learned all about testing soil samples with help from their leader Trecia Winte and went home with worm habitats.

Conner Green (2nd from the right) is learning how to use Adobe Illustrator to do his Visual Arts Project by watching YouTube tutorials.

Alan Winte gave a fishing demonstration. His favorite fish to catch is Bass because they put up a good fight!



Grant Prairie 4-H Club

Morgan Dressler (left) gave a demonstration on how to make bracelets out of rubber bands.

Lilly Andrews (2nd from the left) gave a talk about a weaving project.

Taylor Dressler (middle) talked about a vocal solo she sang at a competition and showed the award that she won.

Parker Dressler (2nd from the right) talked about how to blend paint colors.

Wyatt Choat (right) gave a demonstration on how to golf and what the different clubs are

Looking for ways to stay 4-H busy?

- ♦ Continue working on your 4-H projects, share them with us on Facebook or consider making a video about your journey.

- ♦ Download 4-H activity guides for lots of fun activities

<https://4-h.org/about/inspire-kids-to-do/>



- ♦ Follow us on Facebook and watch for ways to interact with us University of Illinois Extension: Madison County 4-H

- ♦ Work on community service throughout April

[https://4h.extension.illinois.edu/clubs/
community-service-resources](https://4h.extension.illinois.edu/clubs/community-service-resources)

Interested in Journalism?

If you would like to learn about everything that goes into print journalism, (photography, writing, interviewing, etc.) then this might be for you!

Stephanie Malench of the Troy-Times Tribune will be offering a Journalism 4-H SPIN club.

Interested? Email me at angielyn@illinois.edu



4-H Shooting Sports Program on Hold



We had some individuals that were going to receive training in

March in order for us to continue providing shooting sports opportunities to our 4-H youth. Unfortunately with the cancellation of the training it has put us in a holding pattern. We hope to still offer several disciplines of shooting sports so please look for more information on that in the near future.



4-H Food Advocacy Team

If you are looking for a way to serve your community by improving food security and food access while strengthening your leadership, communication and advocacy skills, you should apply for this opportunity.

Applications and references are due May 2.

Application Link: <https://go.illinois.edu/Illinois4-HFoodAdvocacyTeamApplication>

Professional Reference Link: <https://go.illinois.edu/Illinois4-HFoodAdvocacyTeamReference>



4-H Members enrolled in Fishing 1, 2, or 3 could win big this Spring!

Between April 17-May 15 you can enter a statewide fishing contest via smartphone. New spinning rod and reel combos will be given away weekly to the longest largemouth bass and channel catfish entered.

You can find more information about this event and others here :

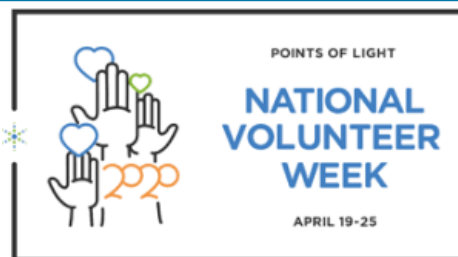
<https://4h.extension.illinois.edu/events>



Join 4-H members and clubs across the nation on April 25 and even throughout the month of April in community service projects:

- ♦ Write and mail cards to those who are socially isolated (nursing homes, assisted living facilities, etc.)
- ♦ Organize a group online to teach and share something you have learned from 4-H.
- ♦ Sew PPE masks to donate to a local hospital that may be in need.

go.illinois.edu/4Hdayofservice



Join us in thanking our 4-H volunteers! They put in countless hours throughout the year to make sure that our youth are learning and growing. They include our club leaders, our livestock superintendents, and our judges.

Try sending a card, some flowers, or a box of candy. Make a short appreciation video. Or simply make a phone call and tell them directly how much you appreciate them.

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