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4-H Family News****County Director**
Amy Cope**4-H Youth Development
Educators**
Rachel Hazen
Katrina Galati**4-H Program Coordinators**
Angie Abernathy
Kelly Brandt**Office Support**
Paige Brown
Patty Stanton
Mary Kay Rahn

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[web.extension.illinois.edu/
mms](http://web.extension.illinois.edu/mms)

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University of Illinois Extension:
St. Clair County 4-H

Soon you should see these signs popping up throughout your neighborhood as soon as our 4-H leaders and parents are able to get them from the Extension office.



We would like to thank the 4-H Foundation for their support in funding this yard sign project!

<https://4hfoundation.illinois.edu/>

CLOSURES

Just a reminder that all 4-H related activities, including meetings have been cancelled or moved to an online format through July 5.

**Wanted:**

- **Reporters**
- **Photographers**
- **Cartoonists**

Journalism Club Needs You!

Contact angielyn@illinois.edu to see your work published in the Troy Times-Tribune!

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

"To Make the Best Better"

Activities for May



Go outside with your family and get some fresh air!

While you are there, make some observations...what do you see? What do you hear? Can you make some sketches of what is around you? How about if you take a trash bag and some gloves so that you can practice Leave No Trace? It is always nice to leave someplace better than it was when you got there.

You can get more information here: 4-H.org/hiking



Tropical Smoothie by Elaina Reinhart of the Turkey Hill Busy Bees

Using a blender, mix together frozen strawberries, 1/2 banana, frozen pineapple and mango (optional), 1 T. peanut butter, 1/2 C. milk, a pinch of cinnamon and 1/4 C. spinach, stirring when necessary. Add more milk if necessary for desired consistency. Makes 2 servings.

For more information on preparing healthy meals visit: 4-H.org/HealthyMeals

Make Face Masks

If you have a little bit of sewing ability, consider sewing some face masks that can be donated to local healthcare professionals to help protect them against COVID 19.

Check out this website to see where the needs are:

www.masksforheroes.com

You can watch the video tutorial below to get instructions on how to sew these simple masks:

<https://sweetredpoppy.com/how-to-sew-a-bias-tape-surgical-face-mask-with-flexible-nose/>

This would be a GREAT community service project!



Take a Virtual Field Trip Part 2!

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



- ♦ Travel to Paris, France to see amazing works of art at The Louvre:
<https://www.louvre.fr/en/visites-en-ligne>
- ♦ This Virtual Tour of the Great Wall of China is beautiful and makes history come to life:
<https://www.thechinaquide.com/destination/great-wall-of-china>
- ♦ This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies:
<https://britishmuseum.withgoogle.com/>

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



Organization	Information	Amount	Deadline	Website
4-H Youth in Action Award	The 4-H Youth in Action Program recognizes 4 confident young leaders with diverse backgrounds and unique perspectives in our core pillar areas: agriculture, civic engagement, healthy living and STEM.	\$5,000	May 18, 2020	https://4-h.org/parents/4-h-youth-in-action-awards/
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 DeClercq 605 Phil Kate Circle Freeburg, IL. 62243 toriwaller27@gmail.com

Educator Spotlight

Our 4-H Educators Katrina Galati and Rachel Hazen work hard to provide valuable services to our schools, after school programs and summer camps. Because they are unable to reach youth through those programs at this time, they have focused on making educational videos which they are sharing with us on Facebook and on our new You Tube channel. Please follow us on Facebook at <https://www.facebook.com/stclair.illinois.4h/> and on You Tube at <https://www.youtube.com/channel/UCcgUyNuFs9HEfghphWMnCXw/featured>.

Online Learning with 4-H

Join us on Facebook at 2:30 p.m. CT on the dates below for a hands-on, virtually guided 4-H activity!

Videos will be **posted** or **LIVE** at the following Facebook Page:
[University of Illinois Extension-Madison, Monroe, and St. Clair Unit](#)
Videos will also be shared to the [Madison, Monroe, and St. Clair 4-H](#) Facebook pages.

🍎 April 14-16: Healthy Cooking with Limited Items

🍎 April 21-23: Life Skills

🍎 April 28-30: Spread Kindness

🍎 May 5-7: Forensic Science

🍎 May 12-14: Explore the Outdoors

🍎 May 19-21: College and Career Readiness

🍎 May 26-28: Generosity

🍎 April 17: **Cloverbud** Friday!

🍎 April 24: **Cloverbud** Friday!

🍎 May 1: **Cloverbud** Friday!

🍎 May 8: **Cloverbud** Friday!

🍎 May 15: **Cloverbud** Friday!

🍎 May 22: **Cloverbud** Friday!

🍎 May 29: **Cloverbud** Friday!

Hosted by University of Illinois Extension 4-H Educators!

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If you need a reasonable accommodation to participate in the program, please contact the Madison-Monroe-St. Clair Unit.
Early requests are strongly encouraged to allow sufficient time for meeting your access needs.

April's Club Challenges

Challenge 1

April 3-April 9



This week's challenge was to get outside and go for a walk/hike. While outside you were to do some community service by picking up trash or helping your parents with yard work.

Congratulations Brady Benson! You did a great job on roadside cleanup. You have won a 4-H T-shirt of your choice.

Challenge 2

April 10-April 16

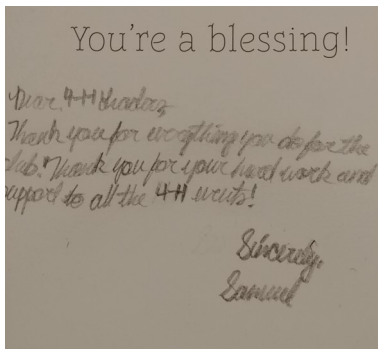


This week's challenge was to plan and make a healthy meal or snack for yourself and/or your family and share your recipe (see page 2).

Congratulations Elaina Reinhart! Elaina made her family a breakfast that included Tropical Smoothies (pg. 2) and Superhero Muffins. She won her choice of cookware/kitchenware from shop4-H.org.

Challenge 3

April 17-April 23



This week's challenge was to write a thank you letter to a 4-H volunteer that has had a big impact on you and acknowledge them on social media.

Congratulations to Samuel Kinzinger! He wrote a very nice Thank You note for his 4-H Leaders. Samuel won his choice of stationary/office supplies from shop 4-H.org.

Challenge 4

April 24-April 30



This week's challenge was to perform some community service project and share your project with us.

Congratulations Cassandra Scheiding! She and her entire club have partnered with the Fire Department to collect plastic lids/caps in order to make furniture for the fire house. She won a 4-H hat from shop4-H.org.

Senior Spotlight



Congratulations to all of our 4-H Seniors! We have loved watching you grow over the years and can't wait to see what you become in the future.

- ◆ Brittany Karpel-Farmers & Friends
- ◆ Cassandra Schziding-Creative Critters
- ◆ Christina Lantzer-New Ideal
- ◆ Ethan VanPutte- Farmers & Friends
- ◆ Jack owens-New Ideal
- ◆ Lili Smith –Governor French Teen Teachers



Be sure to follow us on Facebook as we post Senior Spotlights for these outstanding Senior 4-H'ers throughout the month.

Best of Luck on your Future Endeavors!

Stop horsing around and show what you know at this year's virtual Hippology contest!



What is Hippology? Hippology is the study of horses.

What is a Hippology Contest? A hippology contest is a way for 4-H youth to demonstrate their knowledge on equine science. You do not have to be enrolled in a horse project to participate.

To participate, please fill out and email the following form: https://drive.google.com/file/d/1bQhWY67IQndJnwEG_EgugEff3t5mhTxq/view

Contact your Extension office to complete registration: angielyn@illinois.edu.

The contest is on May 9, 2020, 10am-2pm. The deadline to enter is May 4, 2020 by 8am.

ILLINOIS 4-H STATE & NATIONAL OPPORTUNITIES

**VIRTUAL EVENT
HOSTED BY IL 4-H
YOUTH LEADERS**

WEDNESDAY MAY 6
4-6 PM VIA ZOOM

FOR MORE INFO & REGISTRATION:
GO.ILLINOIS.EDU/TEENLEADERS

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Are you a 4-H Alumni?

Please join us in sharing your passion and your story!

Facebook: <https://www.facebook.com/groups/il4halumni/>

Twitter: <https://twitter.com/IL4halumni>

Instagram: **#IL4halumni**

Linked In: <https://go.illinois.edu/LinkedIn4HAlumni>



Nondiscrimination Statement

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"To Make the Best Better"



4-H YOUTH DEVELOPMENT



FAMILY TIME

Why Not Choose

Outdoor Adventures

4-H EVERYDAY SPORTSMAN'S SKILLS CHALLENGE LEVEL I

As more levels become
available, your local
Extension office will
contact members.

I am always looking for ways to build some family time into our hectic schedule with everything going on in today's world. What better way to have some family bonding time than getting outdoors and exploring and learning about survival skills. The 4-H Everyday Sportsman's Skills Challenge gets the whole family involved. There are three levels of the challenge.

Level I is focused on:

- Methods of finding directions without a compass
- Everyday Cooler Packing
- Everyday Flashlight

How do you become involved in the challenge???

Contact your local Extension office (Angie.angielyn@illinois.edu) and let them know you want to JOIN CHALLENGE and when you are finished let Angie know AND she will "TEST YOUR KNOWLEDGE." Once your local 4-H staff person is convinced, they'll email the State Contact your name and county of residence. Then, you can move up a Level and learn more! Your name will be entered once into a random drawing each time you complete a skill level! Ten winners will be drawn on July 15, 2020 for a very high quality 4-H Everyday Sportsman's Multi-Tool (\$50 value) that will last a lifetime!

