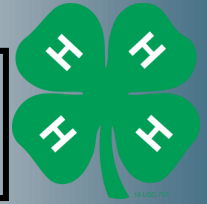




# NEWSFLASH



August 13, 2021

#Opportunity4All

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• **Margaret Larson**  
County Extension  
Director

• **Brenda Heimann**  
Program Coordinator  
4-H Youth  
Development

• **Julie Miller**  
Office Support  
Assistant

Hello 4-H Families & Volunteers,

Here we are at the end of our 2020-2021 4-H year already! This year has been quite the roller coaster for changes! I want to thank you as parents, leaders, & volunteers for holding on tight this past year and helping us see this year to an amazing finish! 4-H members– you should be very proud of yourselves for completing some very outstanding projects this year! We had so many compliments from fair-goers on the amazing work you all did!! Job well done!

This week's E-news is going to be dedicated to wrapping up some of the last minute things from this 4-H year and start getting us ready for our new 2021-2022 4-H year! Here are the target points of what is going on right now for 4-H'ers:

- ⇒ Thank you notes: if you won an award or trophy– write your thank you notes now before you forget! If you lost your sponsors name & address, call me!!
- ⇒ Award Applications: NOW is the time to start working on your Experience Award Applications. DEADLINE is Sept. 10th by 4:00 p.m. to the Extension office. Details in this newsletter.
- ⇒ Secretaries & Treasurer's– get with your leaders and make sure you have your club books ready. They also must be completed and signed, and turned in by September 10th at 4 p.m.

I know a lot of you are going to be at the State Fair this week. I hope your time there is enjoyable and that you get the full experience of showing at the State level! Thank you for representing Stephenson County—Make us Proud!

Warm Regards,

*~Brenda*



Find us on  
[Facebook!](#)



# Stephenson County 4-H News

~August & September Dates to Remember~

**August-**

**13— Stephenson County Day at State Fair**

**28— Illinois State 4-H Dog Show, Granny Rose— Dixon, IL**

**28— Ambassador's End of the Year Party, HCC, bldg. R, 2-3:30pm**

**September-**

**1— Compeer 4-H Essay Due, submit to Compeer Financial directly**

**6— Labor Day— Extension Office Closed**

**10— Club Books & Award Applications Due by 4:00 p.m. at Ext. Office**

**14-15— All State 4-H Team Conference, in Champaign (Brenda out of Office)**



# Stephenson County 4-H News

## ~EXPERIENCE AWARDS~

**4-H'ers-** Now is the time to start your Experience Award Applications. This is NOT a 4-H requirement, however it does help you with : record keeping, reaching goals, and tracking your progress with your projects & personal growth! And you receive an award!

FORMS are online at: <https://extension.illinois.edu/jsw/4-h-stephenson-county>

Scroll to Information & Events Link and select EXPERIENCE AWARDS.



**AWARD APPLICATIONS are due: September 10th by 4:00 p.m. to the Extension Office!**



# Stephenson County 4-H News



## Illinois Holstein—Friesian Association Award

This award is for ANY 4-H member who is enrolled in the dairy project area & who showed a Holstein animal at the 4-H Show.

Application Deadline: September 10th at 4pm & the Extension office.

Application can be found on our website at:

<https://extension.illinois.edu/jsw/4-h-stephenson-county>

Under Stephenson County Information & Events tab & is enclosed with this E-news as an attachment.

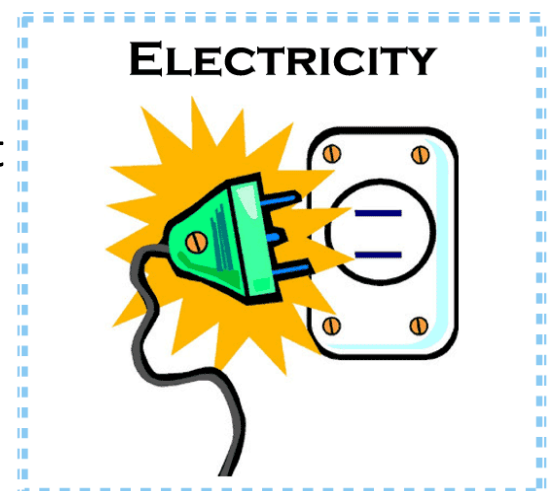
## Illinois Electricity Achievement Award

This award is for any member who took an Electricity Project to General Projects day. We had several of them!! You can find the application— it is very simple at:

<https://4h.extension.illinois.edu/members/awards>

Application Deadline: September 10th at 4pm at the Extension office.

You can only win this award once in your 4-H career.



# STEPHENSON COUNTY 4-H NEWS

## 4-H Ambassadors



**WHAT—is a 4-H Ambassador?** A 4-H Ambassador is a youth voice in promoting the 4-H program here in Stephenson County and across our state! 4-H Ambassadors role model good leadership skills to their younger peers & help bring awareness to the community of what 4-H is all about!

**WHO— who can be a 4-H Ambassador?** Youth who are at least 11 years old and have been in 4-H for at least a year, and are able to meet 1 time a month as a team.

**WHY— why would you want to be an ambassador?** It helps you build leadership skills, prepares you for speaking in front of others, builds new friendships, provides you with positive youth development & knowledge, & gives you a voice in the 4-H program!

**Now is the time to enroll, if you would like to be a 2021-2022 4-H Ambassador  
in  
Stephenson County!**

**Contact Brenda or a current Ambassador, if you would like an application!!**

- ◆ Team Building Activities
- ◆ Community Service Projects
- ◆ Giving Presentations
- ◆ Games & Fun
- ◆ Food
- ◆ Mentoring



# Essay Contest

Compeer Financial has been a longtime supporter of 4-H youth through donations and actively attending the county 4-H Livestock Auction in the past. We would like to continue to support our local youth's 4-H experience by broadening our approach and providing all 4-H members in our area a donation.

In order to qualify, 4-H members must submit an essay describing their 2021 project, what they learned completing their project and knowledge gained. We ask that the essay be at least 150 words and picture of the member with their project when possible. The 4-H member's name and address must be included with the essay. Essay form is attached and needs to be submitted to Compeer Financial by September 1<sup>st</sup>, 2021. The amount of each award will be determined by the final number of applicants and will be delivered by mail. Forms are at: <https://extension.illinois.edu/jsw/4-h-stephenson-county> >Under Stephenson County 4-H Resources.





**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

# I MADE THAT!



# Whole Grains

University of Illinois Extension and 4-H have put together fun, interactive educational kits designed to inspire the inner chef to celebrate National Whole Grains Month this September!

**REGISTRATION DEADLINE - AUGUST 30, 2021**

Each kit is \$5 and includes:

- September "I Made That!" booklet
- Wholesome whole-grain recipes
- Oats, popcorn and birdseed for your recipes
- Fun activities like the "whole grain detective" and birdseed ornaments



Kits will be available for pick-up beginning September 7 at one of our Extension offices in Elizabeth, Freeport or Rockford, IL.

Register for your kit at: [go.illinois.edu/jswIMadeThat](https://go.illinois.edu/jswIMadeThat)

Jo Daviess County 4-H Stephenson County 4-H Winnebago County 4-H  
University of Illinois Extension College of Agriculture Consumer & Environmental Sciences



University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate, contact our office at (815) 235-2472.

# What's Happening at the Extension:

## EAT FRESH, EAT LOCAL

Wednesdays just got better with this healthy eating series from University of Illinois Extension. Join us at noon for a 30-minute discussion on eating fresh while supporting local community growers. Come with questions for our panel of nutrition experts.

### **MAY 19– Noon– Sample the Season**

Learn how to prepare the fruits and vegetables found at the farmers market.

### **June 16—Noon– What to expect at the Farmers Market**

Get to know the farmer who grows the food. Learn the ins and outs of shopping at the market: when to go, what to buy, what to bring

### **July 21—Noon– Preserve Like a Pro**

This session will cover the pros and cons of canning, freezing, drying and fermenting your favorite foods.

### **August 18—Noon– Storing Your Bountiful Harvest**

Learn how to cure squash, and the best conditions for storing your root vegetables, winter squash, and apples.

**REGISTER at: <https://extension.illinois.edu/jsw>**





## WHAT'S HAPPENING at the EXTENSION:

**Food Certified Food Protection Manager Course** : This is a two-part class and is American National Standards Institute (ANSI) accredited course, which meets the Illinois Department of Public Health's Food Service Sanitation Code Requirements.

The class will take place locally at the Stephenson County Farm Bureau– 210 W. Spring St. Freeport, IL on Tuesday, November 30 from 9 AM –3 PM AND Friday, December 3 from 9 AM– 3 PM

Visit our website for more information on this course, or to register at: [go.illinois.edu/jsw](http://go.illinois.edu/jsw)



## ELECTRONICS RECYCLING COLLECTION

**SATURDAY, AUGUST 21 from 9 a.m.-12 noon**

**At: Highland Community College– Parking Lot B**

**\$20 CASH(have correct change with you)Per Vehicle and  
only 7 items total per vehicle allowed.**

Only these items are allowed, due to this being an IEPA approved event:

Computers & small– Scale Servers, Computer monitors, televisions,

Printers, Fax Machines & Scanners, DVD players, DVD recorders & VCRs,

Video game Consoles, digital converter boxes, cable receivers & satellite receivers,

Electronic keyboards, electronic mice & portable digital music players