

Illinois Extension

Winnebago County 1040 N. 2nd Street Rockford, IL 61107 P:(815) 986-4357 F: (815) 986-4329 Website: <u>go.illinois.edu/jsw</u>

• <u>Margaret Larson</u> County Extension Director

• <u>Becky Gocken</u> Program Coordinator 4-H and Youth Development

> • <u>Tammy Bene'</u> Office Support Associate

September 3, 2021

#Opportunity4All

Good afternoon 4-H Families,

I hope all of you are doing well and getting back into the swing of things with schools back in session and the end of fair season. What a great fair we had this year! The smiles were wonderful and lots of ribbons and awards are being given. Please be sure to remember to write thank you notes to your trophy sponsors! If you misplaced your card & envelope, send me an email and I can look it up for you if you let me know the project area. This is the LAST CALL for any choice awards– after Monday, it's too late!

I am working on compiling all the champions and reserve champions and hope to have that information released to you all soon!

Local and State 4-H Awards are around the corner! Be sure to read through this Newsflash as I have all the links attached you should need to get started on applications. Deadline is October 7 for all individual award application s to our Winnebago County Extension Office. Club award applications for the state club award are due at our leaders meeting later this month. I do not have any award banquet information to offer at this time.



Enjoy the long weekend with family!

Becky Gocken



FREE!

1974 Viking Sewing Machine for a4-H Member (includesattachments, manuals & bobbins)

Contact Connie Eilers at 815-232-3209 for more info!



Find us on Facebook!



The 4-H New Year is almost here and we are so excited to introduce new tools, new projects, and launch into the next great 4-H year!

4-H Project Spark Sheets <u>https://go.illinois.edu/4hsparksheets</u>
4-H Project Selection Guide <u>https://go.illinois.edu/4Hprojectguide</u>
Illinois Shop 4-H (Webstore) <u>https://go.illinois.edu/ILShop4H</u>

Also, please be looking for a special delivery in your mailbox with a small token to celebrate our 4-H community.

We were excited to see so many of you at State Fair this year, and we know that 4-H youth are excited to see each other again. We are, too!

This year, we'll have a continued focus on keeping our youth, families, and volunteers safe during 4-H experiences. As such, anyone attending a 4-H indoor meeting or event **must wear face coverings** (that cover the nose and mouth) regardless of vaccination status, except for when eating and drinking. At outdoor meetings and events, face coverings will be encouraged, and attendees must wear face coverings when social distancing is not possible In addition, **social distancing of at least 6 feet between attendees from different households** must be followed. Additional cleaning and sanitizing procedures will also be in place. If anyone attending has a medical exception to face coverings, we encourage you to reach out to your local Extension staff for help in providing an accommodation. As always, we will continue to monitor and follow IDPH, CDC, and University guidelines and will keep you updated of any changes.

We continue to be humbled by the care you have taken to keep each other safe. Thank you for all you have done and continue to do and we are looking forward to a great year!

Sincerely,

Lisa Diaz





Illinois 4-H Director

WINNEBAGO COUNTY 4-H INFORMATION:



We Want Your Help!

We are looking for individuals to help with the following:

- 4-H Dog Superintendent
- Holiday Light Display Committee
- Leadership & Awards Committee

Please email Becky at rgocken@illinois.edu

Winnebago County Local Award Sheet Links

These are all available on our website under "Awards and Scholarships"

https://extension.illinois.edu/jsw/4-h-winnebago-county

Outstanding Project & Project Excellence Awards Score Sheet-

https://extension.illinois.edu/sites/default/files/outstanding_project.pdf

Application for 4-H Honors Clubs-

https://extension.illinois.edu/sites/default/files/jswapplication for 4-h honor clubs.pdf

Winnebago County 4-H Outstanding Member Nomination Form-

https://extension.illinois.edu/sites/default/files/jswoutstanding_member_nomination.pdf

4-H Leaders Links

https://extension.illinois.edu/jsw/club-information-forms-leaders



WINNEBAGO COUNTY 4-H & EXTENSION FOUNDATION, INC.

1925 South Meridian Road . Rockford, Illinois 61102

BOARD OF DIRECTORS

Mary Ann Arenson, President 4-H Volunteer

Richard Koch +H Volunteer

Roger Christin Winnebago Cty. Farm Bureau (Ret)

Kathy Palmer 4-H Volunteer

Reita Baird 4-H Volunteer

Chelly Harkness Swedish American Health System (Ret)

John Gardner T-Shirtz, Etc.

Connie Gleasman 4-H Volumteer

Tim Russo 4 H Volunteer

Winnebago County 4-11 & Extension Foundation, Inc. is a charitable 501(c)(3) organization, and donations are tax deductible Spring has sprung, and Mother's Day is just around the corner. Are you looking for that special gift? Do not know what to get? We have the perfect thing! Easy to get, easy to use.

Winnebago County 4-H & Extension Foundation is having a spring fundraiser. We have partnered with Didier Greenhouses (4601 West State Street, Rockford) to bring you \$20 gift cards. They are perfect for that Mother's Day gift, flowers or veggies for the summer garden.

Winnebago County 4-H & Extension Foundation helps support the University of Illinois Extension in its efforts and programs—such as 4-H—through acquiring and managing funds and assets. Your continued support and donation to our 501(c)(3) non-profit foundation help us support local youth and local programs.

Purchasing your gift card is as easy as filling out the order form below, and send with your cash or check to:

Winnebago County 4-H & Extension Foundation 1925 S. Meridian Road Rockford, IL 61102

We will mail you your gift card for you to enjoy! Remember to visit us on Facebook, or you can email us at winnebagofoundation2011@gmail.com Thank you for your continued support.

Sincerely,

Winnebago County 4-H & Extension Foundation

-	 Please cut along dotted line-

____ # of gift cards

MAIL CARDS TO:

Name

x

\$20 -

Address

City_____State____Zip____

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TOTAL



Standing Together Taking Action (STTA) 4-H SPIN Club

Navigating Social Justice for Teens Social justice is the view that everyone deserves equal economic, political and social rights and opportunities.

A 7-PART VIRTUAL SERIES FOR YOUNG LEADERS AGES 13 & OLDER

October 5th & 19th November 2nd, 23rd & 30th December 4th & 21st זנ

STTA Club meetings will be held from 5:30 pm - 7:00 pm CST.

TOPICS INCLUDE: LEADERSHIP, RACIAL EQUITY, CONFLICT RESOLUTION, SERVICE LEARNING & MORE!

APPLY BY SEPTEMBER 15, 2021 TO APPLY: <u>HTTPS://GO.ILLINOIS.EDU/STTA</u>

> EXPLORE SOCIAL JUSTICE IN A RESPECTFUL AND NON-JUDGEMENTAL ENVIRONMENT



Do you have a passion for Animal Sciences, Civic Engagement/Global Living, Creative Performing Arts & Communication, Food Systems, Healthy Living/ Nutrition, Leadership, Natural Resources/ Environmental Science, Personal Growth, or STEM/ Robotics? Apply for a scholarship honoring your experience and passion in these areas!

Scholarships are open to Illinois 4-H members age 15-18 as of 9/1/2021. To apply you must have been enrolled in the 2020-2021 4-H year and applicants can only win one scholarship per program year and once in each of the different award areas.

Apply now through November 1 when you head here: https://form.jotform.com/211745692702154

You've done the work, now apply for the award!

The 4-H Experience Award offers recognition for members who participate in activities and events from club to national events. Available levels you can qualify for include Bronze, Silver, Gold, Diamond, and Emerald. Applications are open now through November 1st!

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Head here: <u>https://4h.extension.illinois.edu/members/</u> <u>awards</u> to learn more and apply!



Does your 4-H club excel in community service, leadership, or project learning? The nomination period is now open to submit your club for a 4-H Club Recognition Award!

Learn more and submit your application before October 1st here:

https://4h.extension.illinois.edu/members/

<u>awards</u>



Travel abroad with 4-H

Start planning now for a trip in 2022.

Are you curious about daily life, culture, and youth programs in other countries? Travel abroad with 4-H and experience foreign countries for a month-long cultural immersion experience. Delegates live with volunteer host families and engage in experiential learning about a new way of life.

TRAVEL PERIOD: 4 –8 weeks (dates vary by program June-August 2022) REQUIREMENTS: Youth ages 12-18 (some programs 15-18)

Cost: \$2700-5000* Based on previous years

(price varies by year, program and length of stay)
RECRUITMENT PERIOD: September-November
<u>https://www.states4hexchange.org/apply/go-abroad/</u>
Costa Rica · Japan · Korea · Norway · Finland · Romania · Taiwan · Argentina
*Country availability changes each year

For more information, visit h
p://www.states4hexchange.org or contact us by email: Miriam Rosenbohm at <u>rosenbohm07@comcast.net</u> or Elisha Hughes at ehugh2@illinois.edu <u>https://www.facebook.com/illinoisstates4hexchange/</u> Instagram @states4hinternatonal



Save the date for the 2021 4-H Junior Leadership Conference, The Game of 4-H Leadership!

Date: October 16-17

Location and registration details coming soon!

If you need reasonable accommodation to participate, please contact the event coordinator. Early requests are strongly encouraged to allow sufficient time to meet your needs. Contact: Carla Blue bluel@illinois.edu.



Join us for the 2021 Illinois 4-H Shotgun State Shoot on Saturday, September 25, 2021 at Brittany Shooting Park in Bunker Hill, IL.

Rules for the shoots and registration information are posted on the <u>Illinois 4-H website</u>.

Eligibility: Participants must be ages 13 – 18 years on Sept. 1, 2021 and be enrolled in a 4-H Shooting Sports Club to be eligible for these competitions.

Register at: go.illinois.edu/4hshotgun

Deadline: September 15th

If you need reasonable accommodation to participate, please contact the event coordinator. Early requests are strongly encouraged to allow sufficient time to meet your needs. Contact: Curt Sinclair sinclair@illinois.edu.



Join us for the 2021 Illinois 4-H Rifle and Pistol State Shoot on Saturday, October 3 and Sunday, October 4 at Central Illinois Precision Shooters in Bloomington, IL. Please note we will not be assigning participants to a date until we see how many register for each discipline. We will be in contact with you to determine which day you will attend after registration.

Rules for the shoots and registration information are

posted on the <u>Illinois 4-H website</u>.

Eligibility: Participants must be ages 13 – 18 years on Sept. 1, 2021 and be enrolled in a 4-H Shooting Sports Club to be eligible for these competitions.

Register for the Rifle Shoot at: go.illinois.edu/4hrifle

Register for the Pistol Shoot at: go.illinois.edu/4hpistol

Deadline: September 15th

If you need reasonable accommodation to participate, please contact the event coordinator. Early requests are strongly encouraged to allow sufficient time to meet your needs. Contact: Curt Sinclair sinclair@illinois.edu.

WHAT'S HAPPENING AT THE EXTENSION:



Soil, Climate, and Carbon

September 9, 2021 | 1 PM

Carbon storage is a hot topic these days. Some soils contain huge amounts of carbon, mostly in the form of organic matter. Soils also have the ability to store additional amounts of carbon quickly, but can just as easily lose it. Join us to learn about why Midwest soils contain large amounts of organic matter, changes that have occurred over the last 150 years, and ways that carbon, in the form of organic matter, can be increased in these soils. Presenter: <u>Duane Friend</u>

If you need a reasonable accommodation to participate in any of these programs, please contact the presenter at the link provided. Early requests are strongly encouraged to allow sufficient time for meeting your access needs.



As your vegetable garden begins to wind down for the season, you might be thinking about what tasks you should or could be doing to ensure that next year is ready for growing. The tasks will include planting garlic and cover crops, overwintering perennial vegetables, getting a soil test, orchard management, and many others. For more information and registration, visit us at <u>go.illinois.edu/jsw</u>.



Fill Your Pantry Home Webinar Series

September 30, 2021

Rest easy knowing you have weeks of food available for your family in your home pantry. Learn safe and easy ways to preserve foods through a series of webinars by University of Illinois Extension. Extension Nutrition and Wellness Educators will discuss the latest techniques for canning, freezing, dehydrating, and fermenting a variety of foods safely at home.

Following these simple <u>food preservation</u> steps and you'll be filling your pantry shelves with food you know is safe and healthy for your family.

Canning Foods (Recording) (Handouts)

What is the difference between pressure canning and water bath canning? What equipment do I need? What recipes are safe to use? This webinar answers these questions, along with up-to-date information on canning. Whether you are new to canning or have been doing it for years and want a refresher, all are welcome to join!

Freezing Foods (Recording) (Handouts)

Freezing foods at home is simple and require equipment you likely already have in your kitchen. For the best quality frozen fruits and vegetables, it is not enough to simply add foods to your freezer. In this webinar, learn which foods do freeze well, why blanching improves frozen food quality, the process of freezing at home, and more.

Fermenting Foods (Recording) (Handouts) (Recipes)

Fermentation is growing in popularity as a way to create foods and drinks with probiotic properties for healthy gut microbes and as a method of home food preservation. In this webinar, learn the fundamentals and benefits of Lacto-fermentation; learn how to safely ferment at home, and gain the confidence to get started right away! Fermentation is an easy and economical way to preserve your food with added health benefits.

Drying Foods (Recording) (Handouts) (Frequently Asked Questions)

Dried foods make tasty, compact snacks. From jerky to dried fruit, dehydrating at home is easy to do. In this webinar, learn about up-to-date drying methods and equipment, ways to test for sufficient drying, and ways to use dried foods in recipes.

Fill Your Pantry Home Webinar Series Continued

Making Jams & Jellies (Recording) (Handouts)

Make a sweet spread, such as jams and jellies, at home with your favorite berries and other fruits. Though sweet spreads are a popular home canned item, it is important to follow up-to-date canning processes and use appropriate equipment. Join in this webinar to learn step-by-step how to can jams and jellies at home, as well as troubleshooting challenges that may arise, such as unset jellies.

Pickling Foods (Recording) (Handouts)

Pickling is an ancient form of food preservation that involves the process of preserving or extending the shelf life of food by either anaerobic fermentation in brine or immersion in vinegar. Join us as we share information on basic pickling methods using the latest scientific methods to ensure food safety.

Preserving Apples (Recording) (Handouts)

Apples are ripening in Illinois orchards. Learn about the varieties of apples along with preservation methods. We will discuss juicing, freezing, canning, and dehydrating apples. All this information will include the most current science-based preservation methods and highlight food safety. Join us and learn to preserve this delicious seasonal fruit with confidence.

Processing Tomatoes (Recording) (Handouts)

Do you expect an abundance of tomatoes in your garden, but you aren't sure what to do with them? Whether canning, freezing or drying, it's important to follow up-to-date methods. You'll learn all about canning salsa, the variety of ways to water bath or pressure can tomatoes, dehydrating this luscious fruit, and how to freeze for best results!



<u>Garden Tool Maintenance</u> | September 14 1:30 p.m.

Make gardening less of a chore by maintaining your equipment. Sharp, rustfree tools are easier on the body and make whatever task is at hand quicker to finish. Horticulture Educator Richard Hentschel will cover care for hand tools and small engine equipment commonly used in the garden and home landscape.

Certified Food Protection Manager Course

The University of Illinois Extension will offer the Certified Food Protection Manager Course, formally known as the Food Service Sanitation Manager Course (FSSMC). This two-part class is an American National Standards Institute (ANSI) accredited course, which meets the Illinois Department of Public Health's Food Service Sanitation Code requirements.

During this two-day class, participants will gain knowledge about principles and recommendations of the FDA Food Code focused on food safety and contamination, employee health and hygiene, safe food handling practices, cleaning and sanitizing, and HACCP.

Participants should bring a **valid photo ID** and arrive 15 minutes early to register, as class will begin promptly at the designated time stated.

Participants must attend the full two-day training to be eligible to take the exam.

There is a \$100.00 program fee to cover this educational session. This fee is for the purchase of the book, educational materials, examination, and lunch. Space is limited, and therefore, preregistration is required.

If you need a reasonable accommodation to participate in this program, please contact our office at (815) 235-4125 at least 30 days before the program.

The class will be offered in September, October and November at various locations so you can choose the location that works best for you. To register, please choose the date below that you would like to attend.

Tuesday, September 14 & Friday September 17, 2021 in Elizabeth, IL

Tuesday, October 26 & Friday October 29, 2021 in Rockford, IL

Tuesday, November 30 & Friday December 3, 2021 in Freeport, IL



3rd Annual Monarch Fiesta



RSVP by 9/3 to the Winnebago County Soil & Water Conservation District 4833 Owen Center Road, Rockford, IL 61101 www.winnebagoswcd.org (815)965-2392 Extension 3248 kwalshswcd@comcast.net





- 2ND SUNDAY EVENT -- **ARCHAEOLOGY SUNDAY!** SEPTEMBER 12, 2021 • 2-4PM

Macktown Living History • 2221 Freeport Rd., Rockton, IL

FIND OUT WHAT HAPPENS WHEN ARCHAEOLOGISTS GO ON A DIG!

- Learn about the historic and prehistoric excavations that have been done <u>right here at Macktown!</u>
- Discover how and why archaeologists know where to dig, how to set up excavation units, dig in standard levels and collect artifacts.
- Participate in the washing, sorting and identification of the artifacts collected!
- Bring your family and friends!

FREE ADMISSION TO THIS 2ND SUNDAY EVENT!

Upcoming 2021 2nd Sunday event: OCTOBER: Apple Cider! TO LEARN MORE ABOUT MACKTOWN AND ALL OUR EVENTS, GO TO OUR FACEBOOK PAGE



Learn a bit of embroidery history and 10 basic stitches that you can use when doing hand work. You will create a small sampler of stitches, which you can then use for reference in your own work. I will bring my own collection of small samplers and examples of hand stitching. These stitches are the basis of much of the embroidery done throughout history around the world. Whether you are creating your own designs, using hand stitching for clothing or adding details to quilts, this workshop will give you a solid understanding of each stitch.

The stitches we will cover are: running, back stitch, cross stitch, split stitch, stem & outline stitch, French knots, chain stitch, detached chain (lazy daisy), feather stitch and variations and couching – featuring the Bayeux stitch'

Materials: A piece of solid cotton to work on, a 4-6 inch embroidery hoop, small scissors, sewing notions (thimble, pincushion, etc.) several embroidery needles and wool or silk twist weight threads. (note if requested ahead of time I can bring the needles and various threads to stitch with.) Please contact event coordinator with questions

Workshop cost is: \$35.00/person for non-members, \$30.00/person for members

NOTE: There is a maxumim of 10 people for this workshop. (A minimum of 7 participants is necessary for the workshop to take place).

Registration and payment is required.

Registration form is available online at macktownlivinghistory.com

Online payment can be made with PayPal at macktown living history.com. Payment by check is payable to: Macktown Living History, P.O. Box 566, Rockton, Illinois 61072 NOTE: Payment and registration MUST be made 10 days before the workshop is to take place.

Please contact our event coordinator if you have any questions: rmj5288@gmail.com

Registration fees are non-refundable, and all proceeds will be donated to Macktown Living History to promote historic programming.



HISTORY

ΓOW

ILLINOIS

Spider Web Rose Sampler taught by Cathy Grafton · Pontiac, IL

October 16, 2021 • 10 AM - 1 PM Macktown Living History • 2221 Freeport Rd., Rockton, IL

Learn to create a small sampler of silk ribbon stitches using the spider web rose, lazy daisy, French knots, and ribbon stitch. You will use silk ribbon for the flowers and leaves and silk thread for stem and decorative details. This small piece can be used as a wall piece, turned into a pillow

ROCKTON

Materials to bring: an 8-inch piece of white or solid colored cotton, small scissors, a thimble if you use one, a 5 or 6 inch hoop.



Or, you can bring your own silk ribbon and thread.

or added to clothing. Finishing notes will be provided also.

Workshop cost is: \$35.00/person for non-members, \$30.00/person for members

NOTE: There is a maxumim of 10 people for this workshop. (A minimum of 7 participants is necessary for the workshop to take place).

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Please contact our event coordinator if you have any questions: rmj5288@gmail.com

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– SATURDAY WORKSHOP SERIES –

Great Lakes Style Twined Bag taught by Kelly Schott

October 16, 2021 • 10AM & 1PM Macktown Living History • 2221 Freeport Rd., Rockton, IL

Learn the Basics of Twining and the utilization of natural plant fibers in the construction of a Great Lakes Style twined bag, traditionally used from the Midwest to the East Coast. This class will be taught using the traditional 1 stick method, used in the 18th and early 19th centuries.

A brief Powerpoint will provide an overview of the history of the Great Lakes Style bag. Each participate will be able to create 1 small bag to take home. There is a choice of two class times: 10AM and 1PM.

Materials to bring: Scissors

Instructor will supply:

Fiber: commercial hemp & artificial basswood, Pins, Boards & Handouts

Workshop cost is: \$30.00/person for non-members, \$25.00/person for members

NOTE: There is a maxumim of 10 people for this workshop. (A minimum of 10 participants is necessary for the workshop to take place).

Registration and payment is required.

Registration form is available online at macktownlivinghistory.com Please indicate whether you will be taking the 10AM class or the 1PM class.

Online payment can be made with PayPal at macktown living history.com.

Payment by check is payable to: Macktown Living History, P.O. Box 566, Rockton, Illinois 61072 *NOTE: Payment and registration MUST be made 10 days before the workshop is to take place.*

Please contact our event coordinator if you have any questions: rmj5288@gmail.com

Registration fees are non-refundable, and all proceeds will be donated to Macktown Living History to promote historic programming.