



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

NEWSFLASH



September 30, 2021

#Opportunity4All

Winnebago County
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Rockford, IL 61107
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go.illinois.edu/jsw

• **Margaret Larson**
**County Extension
Director**

• **Becky Gocken**
Program Coordinator
**4-H and Youth
Development**

• **Tammy Bene'**
**Office Support
Associate**



Find us on

Facebook!

Good afternoon 4-H Families,

Please take the time to read through the Newsflash as we have a lot of fun 4-H opportunities coming up including our National 4-H Week next week! How will you participate?!

Trophy Award choices have been ordered from the fair, so please do not send any more late ones. The child size hoodies and bucket hats are on backorder— our vendor said they are running into this a lot (results from pandemic). We will just have to be patient. :)

I'm excited to announce we have booked a location for our 2021 4-H Recognition event at The Twisted Tulip on Sunday, Nov. 21 at 3 pm. We will be having desserts only this year. A registration page will be coming later. Also, please have all award applications, secretary and treasurer books submitted to the office by Monday, Oct. 4! Thank you for your cooperation for this!

Becky Gocken

Horse Bowl Practice Information- <https://4h.extension.illinois.edu/programs/animal-sciences/horses>

Barb Frampton- leader

9710 Telegraph Rd

Winnebago 61088

framptondvm@aol.com

(815)964-8552

Starts: Thursday, September 16th

Time: 6:30 – 8PM



4-H members do NOT have to own a horse to be a part of Horse Bowl. Parents are welcomed to stay. Face mask are required regardless of vaccination status.

NATIONAL 4-H WEEK OCTOBER 3-9



We are looking for 20 volunteers (max) to come work a couple hours packing meals in the morning on October 9 from 9-11am. Wear comfortable shoes, long hair pulled back and we will be required to wear masks under the University of Illinois Extension guidelines. *Kids Around the World* Sign Up Genius for Volunteers on October 9 from 9-11am at 5245 28th Ave, Rockford: <https://www.signupgenius.com/go/10C0C45AAA728A6F4C43-winnebago>

For more information about this project, please visit <https://kidsaroundtheworld.com/>



Winnebago County 4-H

Goosechase Contest for National 4-H Week!



See directions on next 2 pages— let's keep our championship going from last year!

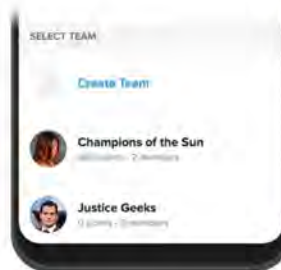
Top 2 participating members from Winnebago County win a 4-H prize!

goosechase

PLAYER INSTRUCTIONS



1. Download the GooseChase Android or iPhone app.
2. Choose to play as a guest; or register for a personal account with an email, username, and password of your choice.
3. Tap the search icon and enter JSW 4-H National 4-H Week, or game code **7ZXGK1**. You will need to enter the password: **jsw4H**
4. You will be playing as part of a team, please select your team (county name) from the list.
5. Once in the game, you will be presented with the missions you and your team are attempting to complete. Mission types can include Photo/Video and/or Text. To complete a mission, select it from the list and hit the "Snap Evidence" button.



goosechase

PLAYER INSTRUCTIONS

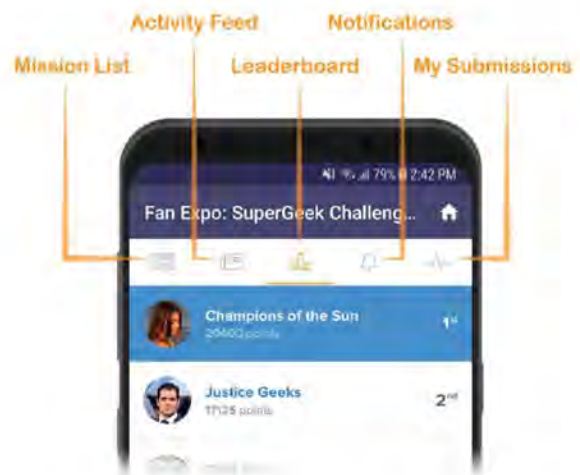


6. Make sure you're completing missions accurately! (e.g. "take a picture with a zebra" means take a picture with a real zebra, not next to a zebra on a computer screen)

Your game organizer can deduct points from your team if your submission falls short.

Bonus points can also be awarded to missions accomplished in extraordinary fashion!

7. Using the navigation tabs, you can keep track of how you are doing via the activity feed and the leaderboard, see notifications from the game organizer or review (and resubmit) your previous submissions.
8. Check back daily... new missions will be added throughout the week.
9. Most importantly, Have fun! Get creative, interact with fellow players and don't be shy!





4-H Online is NOW OPEN for enrollment!
(Click the above image for a direct link)

Re-enrollment Deadline is Nov. 1

New member enrollment deadline is Feb. 1 (also project add/drop deadline)

Members will not be approved until leader's have verified they received payment and/or paid by credit card online this year.

Project Manuals will be purchased by individual families through a pop-up shop in 4-H Mall. I recommend ordering together to save shipping expenses. This shop is not open yet– I will send the link when we receive it. Here is a link to the state 4-H page project resources: <https://4h.extension.illinois.edu/project-resources>

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

Due to Extension Office by Oct. 4

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

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4-H Volunteer

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Connie Gleasman
4-H Volunteer

Tim Russo
4-H Volunteer

Winnebago County 4-H &
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 x \$20 = \$ _____ TOTAL

MAIL CARDS TO: Name _____

Address _____

City _____ State _____ Zip _____

Deadline extended to
Sept. 30!



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**

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: [HTTPS://GO.ILLINOIS.EDU/STTA](https://go.illinois.edu/stta)

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

ILLINOIS 4-H INFORMATION:



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!

Head here: <https://4h.extension.illinois.edu/members/awards> to learn more and apply! Deadline to Winnebago County Extension office is October 4!



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/awards>

ILLINOIS 4-H INFORMATION:



Travel abroad with 4-H

Travel to Japan, South Korea, Costa Rica, Romania, Norway, Argentina, and Taiwan! The application deadline Dec 1. [Apply here!](#) Program information can be found [here](#). For those 25 and older, you can be a chaperone! [Learn more here.](#)

For more information, visit <http://www.states4hexchange.org>.

Follow us on Facebook: <https://www.facebook.com/illinoisstates4hexchange/> | Instagram: @states4hinternational

Locally, we offer the Suzanne McMurry Scholarship, which can be found at <https://extension.illinois.edu/jsw/4-h-winnebago-county> Scroll down to “Awards and Scholarships.” Deadline is Nov. 1



National 4-H Youth Summit on Agri-Science

Share your expertise in and passion for agriscience with a national youth and adult audience!

National 4-H Council is now accepting presentation proposals from adult and teen presenters for the 2022 National 4-H Youth Summit (N4-HYS) on Agri-Science to be held in the Washington, DC area, **March 10-13, 2022**. High school-aged youth are immersed in an agenda focused on agricultural science, food security and sustainability. Sessions will demonstrate why and how agriscience is important and how young people can become changemakers. Find general conference information at <https://4-h.org/parents/national-youth-summits/>. [Full details available here](#) and submissions are due by October 3rd!

ILLINOIS 4-H INFORMATION:



Hispanic Heritage Month

¡Feliz Mes de la Herencia Hispana! Hispanic Heritage Month is observed each year September 15th – October 15th. This month celebrates not only the histories and cultures, but also the contributions of American citizens whose ancestors come from the Caribbean, Spain, Mexico, and Central/South America. Ready to celebrate?

The State 4-H Livestock Ambassador Team application is now open through November 1st. Please share the following Jot Form link application with anyone you might have interested in your counties. <https://form.jotform.com/201406843593153> LAT members need to be 16-21 years of age as of September 1, 2021.



2021 Illinois 4-H Junior Leadership Conference presents ...

The Game of Leadership

October 16-17, 2021



Registration is now open for the 2021 Illinois 4-H Junior Leadership Conference, The Game of Leadership! Register for October 16 or October 17 for this fun-filled conference held at the Decatur Hotel & Conference Center.

The Illinois 4-H Junior Leadership Conference is an exciting event which provides 7th and 8th grade 4-H members a look at the opportunities in Illinois 4-H and helps start their leadership journey. Members gain skills related to 4-H projects and leadership, such as communication, decision making, and teamwork while engaging in hands-on activities.

Information on registration, workshop descriptions,

COVID mitigation, and scholarship opportunities is available here: go.illinois.edu/4Hjlc Registration is open now through October 1! If you need reasonable accommodation to attend, please email Carla Blue at blue1@illinois.edu.

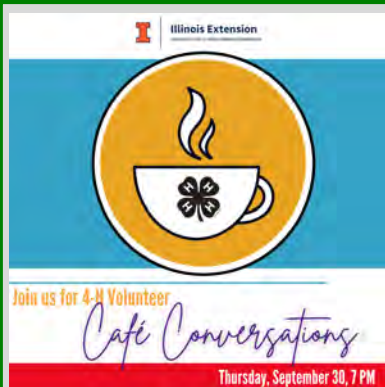
CALENDAR OF WINNEBAGO 4-H EVENTS & ACTIVITIES

OCTOBER

- | | | |
|-------|--------|--|
| 1 | 4 pm | 4-H Club Award Applications due to State 4-H Office |
| 1 | | Becky community outreach programming with Margaret |
| 4 | | Deadline for ALL Award Applications, Secretary & Treasurer Books to Ext. Office |
| 3-9 | | National 4-H Week Celebration– Displays up by 4 pm Oct. 4 |
| 6 | | Becky community outreach programming |
| 9 | 9-11am | Kids Around the World Winnebago Co. 4-H Community Service Project Sign up here . |
| 11 | | Becky Off |
| 12 | | Becky community outreach programming |
| 18-22 | | Becky Off– Medical Leave for husband's surgery |
| 27 | | Becky community outreach programming |

NOVEMBER

- | | | |
|-------|-----|--|
| 1 | | 4-H Online Re-Enrollment Deadline |
| 6 | | Becky community outreach programming |
| 21 | 3pm | Winnebago County 4-H Recognition Event, The Twisted Tulip, 7901 Burden Way, Machesney Park |
| 23 | | Becky community outreach programming |
| 25-26 | | Extension Office Closed |



Join us for Volunteer Café Conversations TODAY!

Register using this link:

<https://web.extension.illinois.edu/registr.../default.cfm...>

WHAT'S HAPPENING AT THE EXTENSION:



Planning for Pollinators this Fall

October 14 | 1 PM Caring for pollinators doesn't stop in the fall. After taking steps this spring and summer to promote pollinators in your yard and garden, learn what actions you can take this fall to continue supporting pollinating insects. Join Extension educator [Erin Garrett](#) to learn about pollinator friendly garden cleanup, fall planting of bareroot plants, and winter planting of native seeds. We'll also cover what fall-blooming plants to add to your garden to provide food and habitat for pollinators after the spring and summer seasons. [Register](#) online.



FOUR SEASONS GARDENING

Webinar Series

The Nuts and Boles of Tree Identification

October 19 1:30 pm

Illinois is home to hundreds of native and non-native tree species, but identifying them isn't always easy. Besides leaves, bark, twigs, buds, flowers, boles, and fruit can also be helpful in identification. Gain confidence in your tree ID abilities by joining Horticulture Educator Sarah Vogel to learn how to recognize tree species based on the size, shape, and appearance of tree parts and their scientific names.

Presenter: Horticulture Educator [Sarah Vogel](#)

If you need live captioning support to participate in this program, please contact Andrew Holsinger, at aholsing@illinois.edu. It is strongly encouraged to submit your request at least two weeks before the program begins.



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 [food preservation](#) 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!



Join University of Illinois Extension Energy and Environmental Stewardship Educator Jay Solomon to learn more about the dangers of radon in our home. For more information: web.extension.illinois.edu/jsw

WHAT'S HAPPENING AT THE EXTENSION:

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, **October 26** & Friday **October 29, 2021** in **Rockford, IL**](#)

[Tuesday, **November 30** & Friday **December 3, 2021** in **Freeport, IL**](#)





— SATURDAY WORKSHOP SERIES —

10 Basic Embroidery Stitches

taught by Cathy Grafton • Pontiac, IL

October 16, 2021 • 2-5 PM

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

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 maximum 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](http://macktownlivinghistory.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.



— SATURDAY WORKSHOP SERIES —

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

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.

NOTE: Silk ribbon, silk thread and needles are provided for this project for \$5, payable to the instructor at class time.

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



Workshop cost is:

\$35.00/person for non-members, \$30.00/person for members

NOTE: There is a maximum of 10 people for this workshop.

(A minimum of 7 participants is necessary for the workshop to take place).

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Registration form is available online at macktownlivinghistory.com

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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.



— SATURDAY WORKSHOP SERIES —

Great Lakes Style Twined Bag

taught by Kelly Schott

October 16, 2021 • 10 AM & 1 PM

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 participant 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 maximum 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 macktownlivinghistory.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.