October 7 is 4-H National Youth Science Day - Plan now to have your 4-H club members join millions of young people across the U.S. in learning about water quality and climate change. This year’s experiment will allow members to observe the effect of CO$_2$ on water quality, calculate their family’s carbon footprint, and estimate energy savings by comparing electric and gas bills. Online worksheets, user guides along with an animated video can be downloaded from www.4-H.org/NYSD. Contact your local Extension office to borrow a 4-H$_2$O Kit for your club meeting.

For Illinois 4-H members, leaders, or parents who want to follow the Illinois 4-H program on Facebook or Twitter go to the Illinois 4-H web site at http://www.4-h.illinois.edu.

The Facebook and Twitter “follow us” buttons are at the bottom of the main page. Click on either button to visit that site. If you are a member of Facebook and are logged in, just click the “Like” button at the top of the Illinois 4-H Facebook page. If you are a member of Twitter and are logged in, just click the “Follow” button at the top of the Illinois 4-H Twitter page. By following Illinois 4-H on either Facebook or Twitter, you will receive exciting bits of information for both youth and adults about 4-H.

We all know them – outstanding teens who are there when we ask for help, believe in the leadership roles they play, and serve as role models to others. Why not recognize them and thank them for what they have accomplished? How about encouraging them to apply for the 4-H Premier LCP Award?

Get your teens into LCP – Leadership, Citizenship, and Professionalism! The Illinois Farm Bureau and their Affiliate Companies offer a wonderful recognition opportunity for 4-H members ages 17 and above. The 4-H LCP Award provides several levels of recognition to applicants – two recipients per county; ten 4-H members with the highest cumulative point totals for state recognition at the Illini Summer Academies; and ten 4-H members who may attend the IFB Premier 20 Leadership Conference in April.

Applications are available through your local Extension office or via the web: http://web.extension.illinois.edu/state4h/members/recognition_awards.cfm. Each Extension unit determines how they select their two nominees for the state competition. Applicants must be 4-H members who are at least 17 years of age by December 1, 2010. Check with your local Extension office for the county deadline; the state deadline is January 5, 2011.

Motivate your junior high 4-H members to explore their leadership abilities -- Encourage them to attend the 2011 Illinois 4-H Jr. Leadership Conference! This event is specifically designed for 7th and 8th grade 4-H’ers and is scheduled for Saturday and Sunday, February 19-20, 2011. The Illinois State 4-H Youth Leadership Team hosts the conference at the Lake Williamson Camp & Conference Center near Carlinville. More details and registration information will be appearing on the 4-H website in late November and in the next issue of the Illinois Leader.
Did You Know?

Did you know… that 4-H families have financially supported the 4-H youth organization that benefits them. Over $450,000 new dollars were received this past year as Illinois 4-H implemented a $20 program fee for 4-H members. These funds have helped sustain programs at the local and state level. THANK YOU 4-H MEMBERS and FAMILIES!

4-H Shooting Sports Update

The Illinois 4-H Shooting Sports program has received a 15’ by 6’ cargo trailer that the National Wild Turkey Federation (NWTF) awarded as a gift to the Illinois 4-H Program. It will be “fitted” for use as a traveling BB gun range in the near future. The main purpose of the trailer will be for counties to use for their respective fund-raising efforts. Approximately 200 volunteers from about 48 counties have been certified as shooting sports instructors or coordinators since the program’s inception.

4-H Cooking Projects

The 4-H Cooking 401 project is new for fall 2010 and is the last in the 4-H cooking project series. These manuals are more than 4-H cookbooks. They begin by teaching basic cooking and baking skills and continue to build on those skills throughout the series. To successfully learn and practice these food preparation skills and techniques, members should spend two to three years on each project. Members are also encouraged to work with a project helper, someone who can assist them in project activities. As members grow in skills and confidence, they may ask other people to help them learn advanced food preparation techniques. For example, asking an experienced pie baker to teach them to make flaky, light pastry; or asking a skilled candy maker to help them learn the techniques for making different types of candies.

If you find that your 4-H members only open their project books as they begin preparing exhibits for the county fair or project days, they are missing out on the purpose of 4-H projects. The goal each year of the project is for members to build on food preparation skills and techniques. As members begin each level, suggest that they review the manual with a project helper and create a project plan for the year. Since the 4-H cooking manuals are divided by food groups, members may want to select two or three sections to concentrate on for this year. The second year, they can complete the additional sections. In the 301 and 401 manuals, members may want to focus on one or two food preparation areas that require more skill, such as pastry, yeast breads, or cooking meats. As members work through each section they also learn the nutrition and science behind food preparation, information that will help them build healthy bodies and understand the importance of food science.

The Illinois Leader is your publication. Submit story ideas and comments to: Illinois Leader, Sheri Seibold, 1902 Fox Dr, Ste A, Champaign, IL 61820, (217) 333-0910 www.4-H.uiuc.edu

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