



Cloverline

4-H is a **community** of **young people** across **America** who are learning **leadership**, **citizenship**, and **life skills**.

March 2019

in this issue >>>

- ◆ Archery Invitational
- ◆ Enrollment/Re-enrollment
- ◆ Holmen Archery Program
- ◆ State Fair Livestock Dates
- ◆ Summer Camp
- ◆ WI 4-H & Youth Conference
- ◆ YQCA Training

...and much more!

Mindfulness

We have 1,440 minutes in a day. And sometimes, we really know how to fill those minutes with busy-ness, tasks and activities. With this practice of filling all our hours, we have seen an uptick in stress-related issues, including depression and anxiety, in ourselves and in our children.

“Mindfulness” is a term that has been gaining traction within our community, schools and organizations. Mindfulness has roots in India and started becoming more mainstream in the United States with research done by Jon Kabat-Zinn. Simply, mindfulness means being present - having a nonjudgmental awareness of our thoughts, feelings and environment.

How do we start incorporating some moments of being present into our day and our children’s day? Let’s look at our 1,440 minutes.

For many of us, during a lull in our day, we reach for our smart phone. While connecting with folks on social media or watching cute cat videos can be beneficial, we have also seen that our connections with people in real life has faltered. Taking one minute to focus on the present gives our brain a chance to reset, calm down and relax.

ONE minute of our 1,440 minutes might be:

- ◆ Taking 6 deep breaths
- ◆ Doing a sun salutation or other yoga pose
- ◆ Noticing a sunrise or sunset
- ◆ Listening to another person explain how they are doing
- ◆ Sharing something you are grateful for

What is your minute?

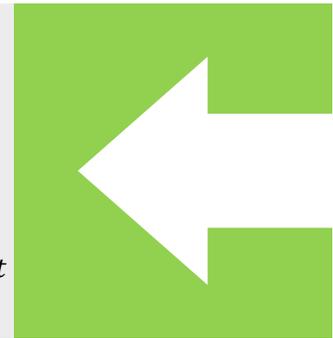
Heather Quackenboss

Heather Quackenboss
Human Development & Relationships Educator

Emily A. Crook

Emily Crook
Youth and Family Educator

project literature >>>



Are you interested in ordering FREE project literature for the 4-H year? Visit our online Project Guide at <https://lacrosse.extension.wisc.edu/files/2018/08/2018-2019-Project-Guide.pdf>, pick out your pieces and request them online at <https://goo.gl/mzKtwL>. We'll contact you when your order is ready! *Please note that ordering literature through 4HOnline does not work as it is not compatible with La Crosse County 4-H.*

leadership >>>

Leaders Board Meeting

The next Leaders Board meeting will be held on **Thursday, March 14th at 7:00 p.m.** in Hamilton Town Hall in West Salem. There will be an open forum at 6:45 p.m. for anyone wishing to address the committee.

The Leaders Board monthly meeting minutes are available online 24/7 at <https://lacrosse.extension.wisc.edu/4-h-youth-development/4-h-leadership/leaders-board-minutes/>.



4-H Volunteer Enrollment Process

Attention new and returning 4-H volunteers! In order to be or continue to be a Wisconsin state-certified 4-H volunteer, you must complete the following requirements:

- ◆ Create or re-enroll your 4HOnline profile
- ◆ Pass a state background check through the GIS system (initial & every 4 years after that)
- ◆ Attend V.I.P. training at the Extension La Crosse County office (one-time)
- ◆ Complete Mandated Reporter training in your 4HOnline profile (one-time)

Many volunteers have still not completed this list this far into the 4-H year! If you have questions about where you are in the process, or simply wish to verify that you are all set to go, please reach out to the Extension La Crosse County office today at LaCrosseCounty4H@lacrossecounty.org or by calling 608-785-9593 today!



bits n' pieces >>>

Fairest of the Fair

Applications are now being accepted for the 2019 Fairest of the Fair! This contest is open to anyone over age 18 by January 1st, 2020 and interested in representing the La Crosse Interstate Fair and county at various public relation events. Forms and more details are available online at http://lacrosseinterstatefair.com/fairest_of_the_fair. Applications are due by **4:30 p.m. on Friday, April 5th**. For questions, please contact Marla Stello at 608-788-5506 or stellomj@hotmail.com.

Food Stand - Help Wanted!

The Food Stand Committee will be having a meeting on **Thursday, March 21st at 6:30 p.m.** at Culver's on Highway 16 in Onalaska. This meeting will consist of menu planning (any input is welcome) and discussion of updates to the stand.

The following meeting is scheduled for **Tuesday, April 23rd at 6:30 p.m.** in Hamilton Town Hall in West Salem. This meeting is for 4-H club leader Fair shift sign-up and to discuss anything that has been brought to the Committee's attention.



State Extension News

The Cooperative Extension offices have now merged with UW-Madison! What does that mean for you? For one, the La Crosse County UW-Extension office will now be referred to as "Extension La Crosse County" and you will see a new logo associated with Extension being slowly rolled out.

animal sciences >>>

Livestock Workshop

When: **Saturday, March 23rd** from **9:00 a.m.-3:00 p.m.** (9 a.m.-Dogs, 10 a.m.-Swine, 11 a.m.-Beef, 12 p.m.-Dairy, 1 p.m.-Sheep, 2 p.m.-Llamas)

Where: Equity Coop Livestock Sale Barn, 6089 State Hwy 16, Sparta, WI 54656

Who: youth of all ages and experience levels!

Cost: \$5 per person

Contact: mcjuniorfairboard@gmail.com



Do you still need an education session before Fair? Consider attending this workshop hosted by the Monroe County Ag Society Junior Fair Board! Your registration fee includes access to all presentations and a free lunch. If you pre-register before Friday, March 15th, groups of 5 get the 5th person free and entered for a prize. Come gain knowledge and skills regarding your show experience and attend presentations facilitated by experts in their species! To register, fill out the online Google form at https://docs.google.com/forms/d/e/1FAIpQLSdVCHLUvALsXSZihN4a6oG8IW8pVQ3WG3WN6p11aw-gzXeBvw/viewform?usp=sf_link.

2019 Dog Training Classes

The Dog Project will once again be offering training classes in the disciplines of Showmanship, Obedience, Agility, Critter Hunt and - new this year! - Dog Bowl. Classes will meet weekly beginning at the end of April. For more information and a copy of your registration form, please visit the Project's webpage at <https://lacrosse.extension.wisc.edu/4-h-youth-development/4-h-projects/dog/>. Registration is due to

the Extension La Crosse County Office by **Monday, April 1st** at **4:30 p.m.**

Dog Project Fun Match

When: **Saturday, March 16th**

Where: Washington County Fair Park, 200 Hwy PV, West Bend, WI 53095

Pre-entries close on Wednesday, March 6th or you

can sign up the day of the match. Obedience, Rally, Jr. Showmanship and Conformation are available classes. This is a great opportunity if you would like some practice in a real setting showing your dog! Questions can be directed to Brenda Reuter at 608-790-3971. For more information and a copy of the registration form, visit <https://lacrosse.extension.wisc.edu/4-h-youth-development/4-h-projects/dog/>.



NEW - State Fair Deadlines

ALL State Fair entries for Junior Livestock are due by Friday, May 17th. This includes all entries for Beef, Dairy, Goats, Poultry, Rabbits, Sheep and Swine. YQCA certification for all animal projects is required upon entry registration.

NEW this year - Beginning in 2019, all Wisconsin State Fair DNA identification requirements for Beef, Sheep and Swine (market and non-registered breeding stock) must be submitted by the **May 17th** entry deadline to Wisconsin State Fair (DNA Hair) or to Wisconsin Livestock Identification Consortium (DNA Tissue).

All questions regarding entering the Wisconsin State Fair can be emailed to entryoffice@wistatefair.com or by calling 414-266-7051 (until April 1st; after April 1st call 414-266-7052). For more information on your individual animal species, visit <http://wistatefair.com/competitions/junior-livestock/>.

Horse Project Fundraiser

When: **Saturday, March 23rd** at **12:00** or **3:00 p.m.**

Where: Features, 1425 WI-16, West Salem, WI 54669

Cost: \$80 per 4-person team (includes 3 games of bowling & shoes!)

Come on out and support the La Crosse County 4-H Horse Project with a fun day of bowling! Proceeds will go towards a bench at the Fairgrounds to honor 2 women who have passed away and are dearly missed by the Horse Project community. Please call Features at 608-786-9000 to sign up your team today!



2019 YQCA Training

For youth exhibitors that wish to participate in the **2019 Wisconsin State Fair**, Youth for the Quality Care of Animals (YQCA) training is required. This training is also required for the **2019 La Crosse Interstate Fair** *for swine exhibitors only*. There are 3 different ways to complete your YQCA training this year (see below).

ONLINE: YQCA training can be taken online in the form of self-guided modules. The cost for this format is \$12.00 per youth. To get started and get your modules finished, log on to <https://yqca.learn-grow.io/Account/Login> and enter your 4HOnline profile information.

FACE TO FACE: Kaitlyn Lance, Extension La Crosse County's Agriculture Educator, will be offering face to face training on **Tuesday, March 12th** and **Tuesday, April 16th** from **5:00-6:30 p.m.** at Bangor High School (700 10th Ave S, Bangor, WI 54614). Pre-registration is required via the YQCA website and is available now! Please call our office at 608-785-9593 with questions. Register today at <https://yqca.learn-grow.io/Account/Login>.

TEST OUT: The new "test out" option will be available for the first time this year *only* for youth ages 12, 15 or 19 years old who feel they have sufficient knowledge of the YQCA training content. Youth will only have 1 chance to pass a 50 question exam at 80% or better. Upon passing, certification will be good for 3 years until they age into the next age bracket of material. Since this option is good for 3 year's worth of modules, it costs \$36.00 per youth. However, you will *not* be charged if youth do not pass with an 80% or better. Currently, there are no study materials out for this option.

ONLY swine exhibitors and any youth that wish to use YQCA as an educational session must submit a paper copy of their YQCA training certificate(s) to the Jr. Livestock Committee at the address below or at a monthly meeting.

LA CROSSE COUNTY JR. LIVESTOCK COMMITTEE
COLENE MILLER, SECRETARY
N5909 MCKINLEY VALLEY RD
WEST SALEM, WI 54669

Fur, Fin, Feather Show

When: **Saturday, April 13th** at **9:00 a.m.**

Where: Sparta Barney Center, 1000 E Montgomery St, Sparta, WI 54656

Come see what our 4-H youth have to show! Possible exhibits include cats, poultry, eggs, small pets, rabbits and pet pictures/collages. Pullorium testing will be available for free at 8:00 a.m. Lunch options will be available. This is a fun novelty show that give youth and their animals a chance in the spotlight in lieu of or in preparation for Fair this summer. For rules and registration, please visit <https://monroe.extension.wisc.edu/2018-fur-fin-feather-fun-show/>. Questions can be directed to the Extension Monroe County office at 608-269-8722.

Attention Swine Exhibitors!

If you will be showing swine at the 2019 La Crosse Interstate Fair, all identification paperwork must be submitted to Mike Gilster by **Saturday, April 27th**. Please call Mike with questions at 608-790-1261. Paperwork can be mailed to the address below:

MIKE GILSTER
W2614 STATE RD 16
BANGOR WI 54614



fair news >>>



Fair Clerks Needed

Please consider becoming a clerk or helper at this year's La Crosse Interstate Fair on **July 17th-21st, 2019**. The Fair is largely carried out by volunteers and there are so many opportunities to help out the superintendents and judges throughout the judged events. To sign up and view available time slots, go to SignUpGenius.com and click "**Find a Signup**" in the bottom right-hand corner of the page. Enter in "**carlie.scriver@yahoo.com**" for the creator's email. Please contact Carlie with any questions at 608-317-9168 or carlie.scriver@yahoo.com.

youth leadership>>>

2019 Summer Camp Counselor Training

When: **Saturday, March 9th-Sunday, March 10th**
OR **Saturday, April 27th-Sunday, April 28th**

Where: Upham Woods, Wisconsin Dells

Who: youth over 9th grade as of June 20th

Cost: approximately \$25 (some funding is available from the La Crosse County 4-H Leaders Association)

Registration is open now in 4HOnline! La Crosse County 4-H summer camp is scheduled this year for **August 4th-6th**. If you are at all considering being a camp counselor, please attend one of these training weekends. To be a camp counselor, you need to have experience working with children in a group setting and be responsible, friendly, enthusiastic, willing to learn and a team player.

Youth Leader Meeting

When: **Sunday, March 17th at 4:00 p.m.**

Where: First Congregational Church, 2503 Main St, Social Room, La Crosse, WI 54601

Anyone interested in leadership opportunities should consider attending an Ambassador and Youth Leader meeting. Come to our meetings, hang out with some ambassadors and have some fun!

WI 4-H & Youth Conference

When: **Monday, June 24th to Thursday, June 27th**

Where: UW-Madison campus

Who: youth in 7th-10th grade at time of registration

Cost: approximately \$300 (some funding is available from the Leaders Board)



Registration will open on **Tuesday, April 2nd** in 4HOnline. Seminar sessions will be awarded on a first-come, first-serve basis. This conference opens doors to many other state trip opportunities for your future and is always a popular and fun experience. All conference participants will automatically qualify for Leaders Board scholarships. For more information on the conference, visit <https://fyi.uwex.edu/wi4hedopp/wisconsin-4-h-youth-conference/>.

Health Careers Camp

When: **Sunday, June 16th-Wednesday, June 19th**

Where: various health center facilities in La Crosse

Who: youth 16 years or older at the time of camp with an interest in a possible future healthcare career

Registration is now open! Each camp session offers students a realistic and up-close look into a variety of health careers. Organizers work with healthcare organizations and post-secondary educational institutions across the region to provide students the opportunity to gain valuable hands-on experiences including multiple job shadows, simulation labs and exploration. Our camp counselors are undergraduate or graduate students in health profession majors.

Applications are due by **Friday, March 29th**. For more information and copy of the application, visit <https://www.scenicriversahec.org/camp>.



family, home & health>>>

Foods & Clothing Revue

Save the dates! The 2019 Foods Revue is scheduled for **Monday, June 10th at 5:30 p.m.** (set up at 5:00) at the La Crosse County Administrative Center.

The 2019 Clothing Revue is scheduled for **Wednesday, July 10th at 6:00 p.m.** (set up at 5:30), also at the La Crosse County Administrative Center.

For more information on both these events, please visit <https://lacrosse.extension.wisc.edu/4-h-youth-development/events-activities/foods-clothing-revue/>.

shooting sports>>>

Upcoming Programs

Pistols, ammo, shooting, oh my! The La Crosse County 4-h Shooting Sports Committee has been busy preparing various programs for youth in the coming months. Full details and registration information can be found on the Shooting Sports webpage at <https://lacrosse.extension.wisc.edu/4-h-youth-development/4-h-projects/shooting-sports/> or by contacting the Extension La Crosse County office.

Pistol Shooting Program

When: **Tues., May 7th**
& **Thurs., May 9th**
from 6:00-8:30 p.m.

Where: La Crosse Rifle Club
Cost: \$10

Registration is due Wed.,
May 1st.

Trap Shooting Program*

When: **Wed., May 29th** &
Wed., June 5th
from 5:00 p.m.-dark

Where: La Crosse Rifle Club
Cost: \$7 per night

Registration is due Wed.,
May 22nd.

*use of 4-H shotguns
& ammo FREE!

Pistol Shooting Program

When: **Tues., Sept. 17th** &
Thurs., Sept. 19th
from 6:00-8:30 p.m.

Where: La Crosse Rifle Club
Cost: \$10

Registration is due Wed.,
Sept. 11th.

Sporting Clays Program

(a program offered through
La Crosse Rifle Club)

When: **July TBD**
Where: La Crosse Rifle Club
Cost: TBD

More details to come -
stay tuned!

All questions
about any of the
above programs
should be directed to
Chuck Schleifer at
chuckschleifer55@gmail.com.

La Crosse County Archery Invitational

When: **Friday, April 5th** or **Saturday, April 6th**

Where: La Crosse Archery, 1231 Oak Forest Drive,
Onalaska, WI 54650

Who: 4-H & community members 12 years and older

Cost: \$7 for 1st event; \$5 for each event thereafter
(youth who participated in the 2019 Archery & Pellet
Gun Program this winter can shoot for free!)

Come on out for a weekend of fun, friendly and safe competition in the discipline of archery! Divisions include Junior, Intermediate and Senior levels based on school grade in either Barebow or Freestyle events. All participants will receive a participation award. The top 3 scorers in each event will receive special awards. For more information and copy of the registration form, visit <https://lacrosse.extension.wisc.edu/4-h-youth-development/4-h-projects/shooting-sports/>.

Registration forms with fees are due to the Extension La Crosse County office by **4:30 p.m.** on

Thursday, March 28th. *No late entries will be accepted!*

Holmen Archery Program

When: **Mondays, May 13th**
& **20th, June 3rd** &
17th, and July 1st & **8th** from **6:00-7:00 p.m.**

Where: Arrows in the Square, N7681 Casberg Coulee Rd,
Holmen, WI 54636

Cost: \$6 per 4-H youth, \$10 per community youth

All 4-H and community youth are welcome to come participate in this new archery program! If you are unable to participate in the winter Archery & Pellet Gun Program, this is a great way to get your 2 sessions done in order to participate in the 2019 La Crosse Interstate Fair Archery Tournament. Or maybe you had so much fun this winter, you want to continue your archery studies this spring! Participants do *not* have to participate in the winter Archery & Pellet Gun Program in order to participate in the Holmen Archery Program. For more information and copy of the registration form, visit <https://lacrosse.uwex.edu/4-h-youth-development/4-h-projects/shooting-sports/>. Registration forms with fees are due to the Extension La Crosse County office by **4:30 p.m.** on **Thursday, May 2nd.**



enrollment>>>

2018-2019 Enrollment



Enrollment in 4-H is open to everyone all year round, even though the “official” start of the 4-H year is September 1st.

However, if you want to participate in the **2019 La Crosse Interstate Fair** this July, you must be enrolled or re-enrolled in 4HOnline and have your projects finalized by 11:59 p.m. on **Monday, April 1st**.

If you wish or expect to participate in the **2019 Wisconsin State Fair**, you must be enrolled or re-enrolled in 4HOnline and have your projects finalized by 11:59 p.m. on **Friday, March 1st**. This is a state fair exhibition rule.

Please don't wait until the last minute! With online enrollments can sometimes come technical difficulties, and you don't want to miss a deadline! If you need help enrolling, there are step-by-step guides online at <https://lacrosse.extension.wisc.edu/4-h-youth-development/4-honline-enrollment/> or you can contact Extension La Crosse County at 608-785-9593 or LaCrosseCounty4H@lacrossecounty.org.

Paper enrollment forms in Spanish and English are available to you in lieu of online enrollment - just contact Extension La Crosse County today for a copy. Otherwise, log in to 4HOnline at wi.4honline.com to get your enrollment for the 2018-2019 year taken care of today!



March 2019 >>>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 State Fair Project Selection Deadline	2 Archery & Pellet Gun Program
3	4	5	6	7	8	9 Expressive Arts Festival
10 ← Camp Counselor Training (9th-10th)	11	12 YQCA Training	13	14 Leaders Board Mtg	15 ArtBeat! (15th-16th) →	16 Archery & Pellet Gun Program Dog Fun Match
17 Youth Leaders Mtg	18	19	20	21 Food Stand Committee Mtg	22	23 Horse Project Fundraiser Livestock Wkshp
24	25	26	27	28 Archery Invitational Regist. Due	29 Health Careers Camp Apps Due	30
31						



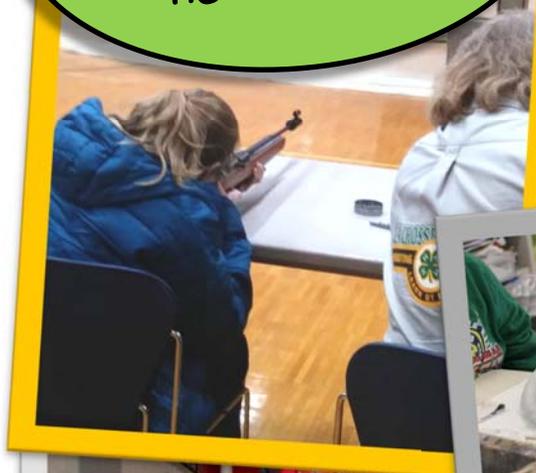
Clover College Review 2019



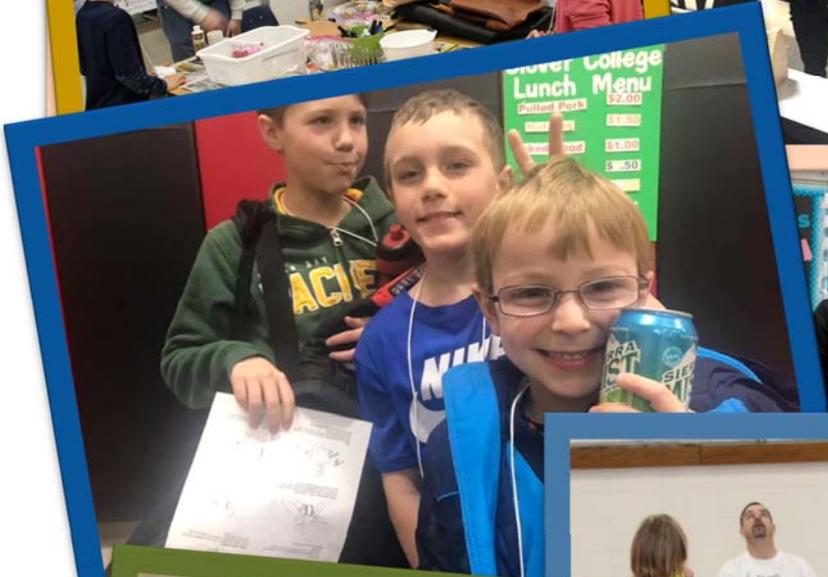
Photo Credits: Lyndsi Heitkamp,
Payton Holub, St. Joe's Ridge Runners
4-H Club



180 youth were in
attendance - a
new record!



Youth got to choose from 21 different classes this year!



Thank you Trail Blazers for serving lunch!





Thank you volunteers for hosting such a wonderful day!



Entire Day	\$1.00
Chips	\$3.50
Drink	\$1.00
Water	\$1.00

EXTENSION SERVICE

United States Department of Agriculture
University of Wisconsin-Madison
La Crosse County
212 6th St. N Suite 2200
La Crosse, WI 54601

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4-H Contact Information:

LaCrosseCounty4H@lacrossecounty.org

608.785.9593

608.789.4808 (fax)

The Cloverline can be found in color and with hyperlinks online at <http://lacrosse.uwex.edu/4-h-youth-development/cloverline-newsletter/> or 4HOnline.

We thank all who volunteer their time and talents to contribute to this newsletter.

La Crosse County Cloverline Newsletter

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