



UW-MADISON EXTENSION
LA CROSSE COUNTY



Cloverline

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

July 2020

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...and much more!



Just Keep Swimming

I am not one for physical endurance. I try to bike ride, run, and do things to get my heart rate up. But I prefer not sweating, I only run when someone is chasing me, and I love biking - only on even terrain. However - some of my best accomplishments that I can remember are when I challenged myself to do something I didn't think I could.

I'm there right now, psychologically. This social distancing is brutal. But it reminds me of the time I biked to the Mall on Losey Blvd, which is largely uphill. Or when I biked the Cass Street Bridge. I did not want to do this. In fact, my body does that foot-stomping feeling that toddlers do when I thought about it. But the husband pushed me onward.

Of course, you know I did it. Otherwise I wouldn't be writing about it. But how? How did I get over my mind obstacle? A mantra. One that timed in perfectly with my foot pedals. One that was easy to remember and wasn't too overly optimistic and fluffy, yet kept me focused: Just Keep Swimming.

I would repeat that the entire time. And I gave myself tiny little goals to accomplish along the way. I just need to get to that light. I just need to get past that tree. Just keep swimming, just keep swimming, just keep swimming. Dory is brilliant by the way.

And at the top - I'd shout - I DID IT! Because I did. And you can too.

Just keep swimming.

Emily A Crook

Emily Crook
Positive Youth Development Educator
La Crosse County Extension



updates >>>

Charter 2020 Updates

This year a lot of work has gone into making the Charter a little more user friendly, a little more IRS compliant, and a little more frustrating (probably. I just assume these things). Here are the more prominent changes:

- Financial Record section of the charter (only the Financial Record section) is due to the Extension Office by September 1, 2020. The rest of the charter is due October 1, 2020. We will be mailing all this out to you with a copy of last year's charter by July 15th.
- Besides the statement for June 30, 2020, they want a copy of the check register for the entire year. This can be done via excel or a copy of the check book register, or a print out from quickbooks. Whatever works best for you.
- Financial Audit checklists must also be included - these are the worksheets signed by the auditor of your group. Need an auditor? Let me know. I will make this happen but this means I might need an earlier deadline for you.
- SMART goals are written out, with numbers you can input yourself. There are a number of options you can pick from to fit the needs of your club. You can also still submit your own creative ones as well.

Have questions? I'm always willing to answer them!
608-785-9593 or emily.crook@wisc.edu.

September 1st Deadline

Want to save trips to the office? Plan to bring in your Pumphouse Artwork, your Record Books*, and the financial records for your charter all together. (*Although Record Books are not due until September 10th).

save the date >>>



Achievement Night

When: Thursday, October 29, 2020
Time: 5:30pm Dinner, 6:00 pm Program
Location: Lunda Center, Western Technical College,
319 7th St N, La Crosse, WI

This may very well be our first big gathering since March! Let's celebrate all the things we've accomplished this year. An RSVP will go out a little closer to the date, but wanted to ensure this would get on your calendars.

events >>>

Pumphouse Open House and Display

We had no fair this year. How is Emily supposed to pick what gets displayed.. she doesn't! It's a free for all!

Anyone who wants to submit art to be displayed at the pumphouse gets to. The catch- you have to pick one. Just one piece of art to submit. Deadline for dropping off items will be September 1. The open house will be the evening of Sept 15. And the display will be on for the month of September - October. Watch for a form in the August newsletter to submit your artwork with.



4-H Blood Drive

When: July 17th, from 9:00am - 2:00pm
Where: La Crosse County Health and Human Services Building,
300 4th St N, La Crosse, WI, 54601

There is an immediate need for blood donations that escalates daily due to COVID-19. Please schedule an appointment to maintain a sufficient blood supply in our community.

For an appointment please call 877-232-4376, or visit: bit.ly/givejuly17. Donors will be required to wear face masks during donation process.

Committee Members Wanted

With every special event or opportunity given to La Crosse County 4-H youth, there is a quiet band of committee volunteers that work to make it happen. Ever have thoughts on how to make something better? Want to be part of the magic? We would love to have your help with Clover College, Expressive Arts, Achievement Night, Record Books, or any of the county-wide things we do. If you are interested - here's a little survey to get your interest. <https://forms.gle/MyNx8KYaem7yheN9> Fill it out!

adaptations >>>

Monroe County Virtual 4-H Meetings

Join Josh Goede, PYD Educator for Monroe County 4-H, as they explore the world virtually through their virtual 4-H meetings. In case you can't attend ours, or just want a change of pace, feel free to jump on in! They are Tuesdays at 3pm. <https://tinyurl.com/y95udx43>

Foods & Clothing Revue, Photography Workshop

Plans are still in development, but look for opportunities coming soon to happen in August. An opportunity to have your photos reviewed and commented on by the photography superintendents will be coming soon as well! Watch for emails if information pops up before the next newsletter.

Programming Guidelines Going Forward

With July 1st here, we are officially given the go ahead with small group programming. This means less than 10 together. Ideally outside, but inside is permissible under short time frames. Please read all the information below and if you plan on holding a gathering please shoot me an email at emily.crook@wisc.edu so I can ensure you have everything you need to keep things safe. Here are some COVID-19 related frequently asked questions and answers:

1. What types of 4-H programs and activities are currently available for youth participation?

Virtual Programming led by staff or volunteers

- The preferred method of program delivery is “virtual/online.” Most planning efforts should focus on these types of programs for the remainder of the summer. Please review our tips for safe online programming.

Small-Group Programming

- In person, physically distant youth programming led by staff or volunteers (this includes continuing our current “no contact/individual” programming. This will apply to groups of 10 or fewer initially, and will increase to larger groups when health guidance permits. Work with your 4-H or PYD Educator to develop plans and seek organizational approval.

2. When can 4-H members start meeting in small groups of 10 or fewer?

- We are planning for July, however this will depend on organizational readiness AND public health guidelines. The Division of Extension has a safety protocol that allows for “small group” 4-H programming. This will apply to groups of 10 or fewer initially, and will increase if health guidance permits.

3. As an adult volunteer, will I need permission to lead a small 4-H group of 10 or fewer?

- Yes. Plans will need to be created using the Extension template, with the 4-H Program Educator who will seek organizational approval through their Area Extension Director (AED).

4. What counts as 10 or fewer people in one location?

- 10 people including adults is a “small group”. Multiple small groups may meet in a large location where the groups can remain separated and physically distant.

Examples may include:

- Multiple spaces in the same venue such as a school, library or community center could be part of a program plan where groups would remain separated and physically distant throughout the event. Plans should include how young people will access the unique spaces without congregating, and logistics around parking, drop-off and pick ups.
- A park with several groups of 10, each with separate volunteer/staff with proper cleaning between groups. The groups could rotate between activities, or facilitators of activities could rotate between groups to offer a safer experience. It will be important to ensure the space also allows for physical distancing between other park attendees.

5. When can large 4-H groups with over 10 participants begin meeting?

- We are planning to scale up to groups of 50 by the end of the summer, anticipating remaining at maximum 10 through at least July, however this will depend on organizational readiness AND public health guidelines. The size of groups will increase or decrease depending on the health recommendations at the time.

6. What is the status of 4-H overnight camps and travel programs?

- Due to increased risk with prolonged exposure overnight camp and travel programs are cancelled through August.

adaptations (continued) >>>

La Crosse Interstate Fair - Virtual Fair Recognition Opportunities

We are all very disappointed that the La Crosse Interstate Fair will not happen for 2020. The memories, friendly competition, education, learning and good fair fun will all have to wait in anticipation for 2021. The Ag Society along with our media and sponsorship partners have been thinking of creative ways to give tribute to the hard work of the youth and share in their projects and exhibits.

Here are some opportunities Marla Stello initiated for the youth in La Crosse County to showcase their projects that will not be exhibited at the fair this year.

- **Opportunity #1** - Youth can send an image to Marla Stello at the fair email address that will be loaded to the Ag Society / La Crosse Interstate Fair website under the Photo Gallery tab/page.
 - To participate, email your photo images to: lacrosseinterstatefair@yahoo.com Please include the exhibitor's name and project if you would like this noted. If not, we will post the image only.
- **Opportunity #2** - COW97 radio is providing a tribute to the youth on their Facebook Page. They have created a virtual scrapbook album they will promote and provide recognition to exhibitors on their radio broadcasts. The information will be showcased LIVE on COW97 and on their COW97 Virtual Scrapbook. COW97 will post times that each exhibitor will be featured so family and friends know when to listen!! Here is a link that COW97 will gather the information for the site: cow97.com/fair
- **Opportunity #3** - Compeer Financial is promoting a story essay contest for youth to participate in. Attached is a promotion flyer with the rules and regulations and process to follow to participate if individuals wish to do so. The submission form can be found here: compeer.com/BlueRibbon



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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.