



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**.

August 2020

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...and much more!

gum drop mountain

The thesis project for my Master's Degree was focused on using positive psychology to motivate youth who were a little behind on their entrance to college. Those big transitions are hugely overwhelming and to seem at even a little disadvantage can be crippling. It took so much energy and focus for these kids to get to that point, and then to look up and see an even bigger mountain... daunting.

We are all right there. Right now. All of us. So we aren't alone, so... yay? But when our reservoir of resilience is tapped, we throw ourselves into autopilot and our personal sparkle can get a little smothered, a little lost. Life gets bland.

The idea behind positive psychology is largely filling your environment with positive messages, setting yourself up for little successes, celebrating those, and also finding gratitude in as much as possible. Yep. It means finding something beautiful, something spicy, something challenging.

Like it or not, we are ready for a new 4-H year, one of interesting challenges, new opportunities, and wild experiences. Let's climb that mountain folks. We can do this, and by golly, we'll make it fun.

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.

4H Online

It's in the process right now of being updated, and to spare everyone the potential disappointment of a delayed start, I'm not going to publish here when it's ready for re-enrollment for 2020-2021. I'm going to email all the families when it's ready. So please watch for this!

T-Shirt Logos, etc.

A long, long time ago, before the pandemic, the state office was rolling out some logo guidelines for t-shirts, etc. However, they never got to it. Hence, everything that is going on these days with new shirts, etc, falls under a good ol' grandfather clause. But I would like to get a good list of vendors going, if you wouldn't mind. Can every club/project send me who they use for their t-shirt providers? Just email me at emily.crook@wisc.edu.

That way when new guidelines come out, I can get what is needed straight to the vendor without needing to bother anyone. Sound good? I'll email you, too, but this is a fun reminder.

Meeting Examples

While Extension is still in Phase 1, and we're requiring anyone meeting in person under the title of 4-H to reach out to me to get approval from state, we do hope you are finding creative ways to meet. It's important to keep in touch with other 4-H members especially now, while we're all feeling a little... isolated. Here are some ideas of what other clubs are doing that have been approved by state: Ice Cream Drive Through, Nature Scavenger Hunts at the Park, Rockets and Ice Cream. Please take advantage of the good weather while we have it to meet outside. Reach out to get the details how!

Record Books

DUE: Thursday, September 10, by 4:30 p.m. at the Extension Office (212 6th St N, Suite 2200, La Crosse)

I know it's been an odd year, but many of us still had an excellent 4-H year of learning and growing. So it's time to reflect on all that knowledge and growth – please submit a Record Book! For the forms, the rubrics on judging and all the answers to your basic questions, please visit: <https://lacrosse.extension.wisc.edu/4-h-youth-development/4-h-record-books/> If you'd like to submit your record book for an award, please do so by Thursday, Sept 10.

events >>>

Leaders Board Meeting

When: Thursday, Sept 10, 2020 at 7:00 p.m.
Where: Online! <https://tinyurl.com/y4ryw7ho>
Meeting ID: 980 9619 5163
Passcode: 611690
Meeting ID: 934 4361 3400
Dial by your location +1 312 626 6799 US (Chicago)

We will discuss fall programming and next year's positions that are open for election in November. We will need a Vice President, Secretary, At-Large Member, La Crosse/Onalaska Representative, and Bangor Representative for the Leader's Association Board. This is a great way to learn exactly what goes on in 4-H and how decisions are made that affect your family. If you are interested and want a position description please let anyone on the board or in the office know.

Ambassador and Youth Leader Meeting and Update

When: Tuesday, September 22, 2020 at 7:30 p.m.
Where: Online! <https://tinyurl.com/y5mzrvva>
Meeting ID: 996 4952 8398 **Passcode:** 515045
Dial by your location +1 312 626 6799 US (Chicago)

Anyone interested in being a youth leader, please join in. We NEED to talk about a framework for Ambassadors and Youth Leaders, what opportunities are desired and what is needed for the 2020-2021 year. If you aren't an Ambassador and would like to be considered – anyone in grades 9 and up can submit an application, located here: <https://lacrosse.extension.wisc.edu/4-h-youth-development/youth-leadership/>

Also found at that link are ME Forms – Any 4-H member in 6th grade or above who is interested in any travel through 4-H during the 2020-2021 year, please submit this form. It will help in your application for any scholarship from the Leader's Board.

Both the ME form, and the Ambassador Application are due October 1, 2020. Email them to lacrossecounty4h@lacrossecounty.org.

Achievement Night

When: Thursday, October 29, 2020
Time: 5:30pm Dinner, 6:00 pm Program
Location: TBD - we will make this work.

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.



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 is extended to September 8, 2020 and you can submit as many pieces as you like.

There is no longer going to be a reception. So sorry. But the display will still be active. You can find the entrance slip below to print and attach to your submission.

Pump House Exhibit - La Crosse County

Name: _____ Age: _____

Address: _____

City: _____ State: _____

Email: _____

Item/Title: _____

Description: _____

Please be aware that Pump House exhibit items are sent at your own risk. Exhibits will be on display at the Pump House Regional Arts Center for one month.

adaptations >>>

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:

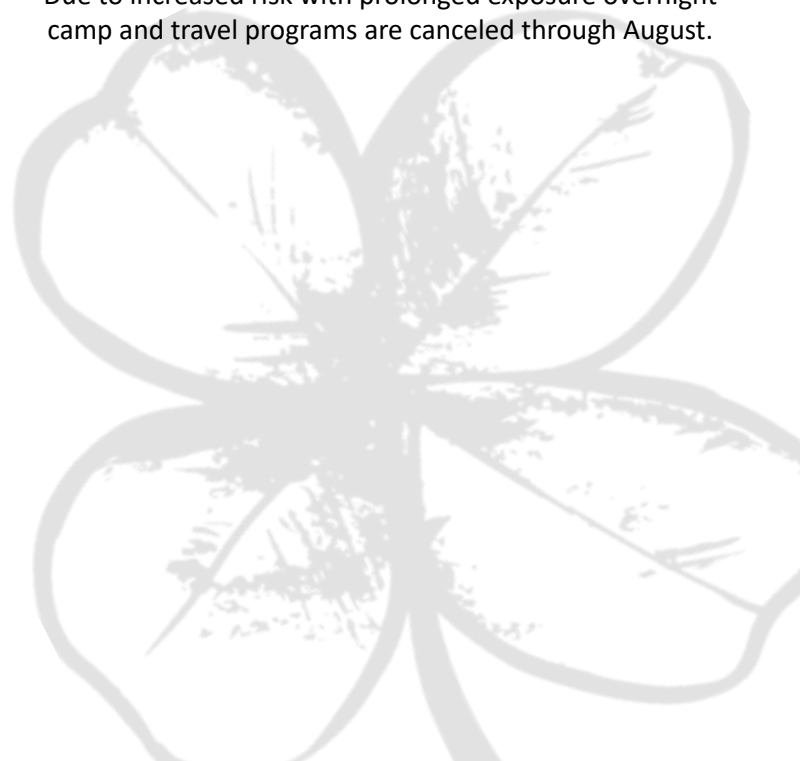
- Multiple spaces in the same venue such as a school, library or community center could be part of a program plan where groups would remain separated and physically distant throughout the event. Plans should include how young people will access the unique spaces without congregating, and logistics around 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 canceled through August.



Conservation Challenge 10K!

Upham Woods has created a Conservation Challenge to give back to the land that is so often taken for granted. We aim to put 10,000 hours of conservation service into our lands by the year 2020. We will accomplish this goal through our many conservation program opportunities for both campers and community members. The goal of the challenge is to restore our land while simultaneously giving people the skills and knowledge of land management. These land management principles can then be easily applied to their own communities. Some of these projects include trail building, invasive species management, oak forest restoration, and biodiversity monitoring. Examples of such projects can be seen on our story map.

To get involved in the Conservation Challenge email our Conservation Program Coordinator, Caroline Zimmerman, at czimmerman6@wisc.edu or call (608) 254-6461.

For upcoming events, please see our Conservation Community Events page or our calendar.

Running Total (since the beginning of August 2019):
2,140 hours

WI 4-H Virtual Learning Community

UW-Madison Extension's Positive Youth Development Institute is working to create a Virtual Learning Community during the summer of 2020 to provide quality educational activities online that youth, volunteers, and staff can participate in.

This committee has been working hard to create an easy to use calendar and submission form that will help to promote these activities Statewide and beyond. These activities will cover a wide variety of topic areas and methods of delivery. The committee wants to make sure that anyone who wants to find something engaging, educational, and fun online is able to do so easily.

The Virtual Learning Community is set to run our Summer of Activities from July 1-August 31, and we will use this experience beyond the summer to bring more high quality virtual programming to youth, volunteers, and Extension staff across Wisconsin! Visit: <https://4h.extension.wisc.edu/virtual-learning-community/> for more information and to get a comprehensive calendar.

La Crosse Interstate Fair - Virtual Fair Recognition Opportunities

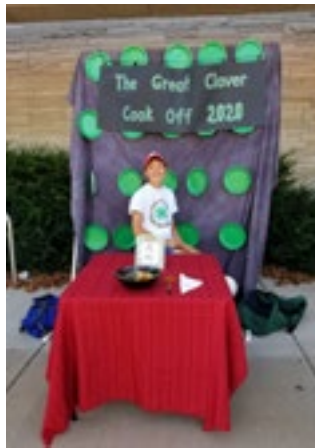
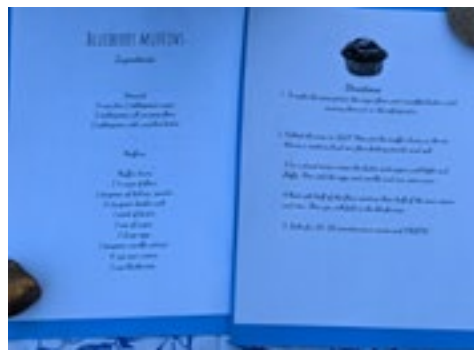
We are all very disappointed that the La Crosse Interstate Fair will not happen for 2020. The memories, friendly competition, education, learning and good fair fun will all have to wait in anticipation for 2021. The Ag Society along with our media and sponsorship partners have been thinking of creative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

The Great Clover Cook Off >>

The Great Clover Cook Off was a smashing success – but it isn't over! We need your vote. Oh please help these awesome 4-Hers know how they did. Visit this website: <https://lacrosse.extension.wisc.edu/4-youth-development/events-activities/the-great-clover-cookoff-2020/> to see the videos of their presentations of their creations, and then follow the links to vote by September 15, 2020. DO IT NOW! They can't wait to see what you think!



September 2020 >>>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Virtual 4H Meeting	4	5
6	7	8 Pumphouse Submission Deadline	9	10 Virtual 4H Meeting Record Books Due Leaders Association Board Meeting	11	12
13	14	15 Pumphouse display Opens	16	17 Virtual 4H Meeting	18	19
20	21	22 Ambassador and Youth Leader Meeting	23	24 Virtual 4H Meeting	25	26
27	28	29	30			

COOPERATIVE EXTENSION SERVICE

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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.