



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**.

November 2020

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- ...and much more!*

HEY BODY! - Listen up!

I just learned something new and I want to share it with you. It's called the stress cycle. Apparently, when we encounter stress, not only should we be aware of it, and the effect it has on our bodies (because my body might handle stress differently than yours), but also when the situation is done and the stressor is gone, we need to actually tell our bodies to stop stressing. Because our bodies honestly don't know when the situation is done.

Imagine that.

Our bodies need a message. Otherwise they keep on stressing, and then suddenly, we burn out. I'm thinking a lot of us are in this burn out phase right now. So here are some things to do with yourself:

- Meditate – deep breathing resets the body
- Laugh hard – not the nervous kind – this also resets the body
- Exercise gets the adrenaline out
- Discussing with someone who cares – basically unloading
- Creativity – something tactile though. Not something you just do digitally or with your mind.

If you're feeling burnt out. Try one of these things. It might help. Or read this book: [Burnout: The Secret to Unlocking the Stress Cycle](#) by Emily Nagoski Ph.D. and Amelia Nagoski, D.M.A

This is the real self-care,

Emily A Crook

Emily Crook
Positive Youth Development Educator
La Crosse County Extension

adaptations >>>

December Blood Drive

Every day, Versiti Blood Center of Wisconsin needs to see at least 800 donors to meet the demands of our hospitals. LOCAL HOSPITALS. Because of the overwhelming need, and that this is something we actually can do to help the situation out there, I'm asking our 4-H family to step up. Give blood if you can. Save some lives.

Everything at the blood donation site will be protected as much as possible, but please wear a mask.

Date: December 7, 2020

Time: 9am-2pm

Location: Holmen Public Library, 121 W Legion St, Holmen WI 54636

Please sign up for an appointment here: <https://donate.wisconsin.versiti.org/donor/schedules/drive/schedule/209323>

We are hoping to fill 24 slots. Please consider a donation. Thank you!



December Club Contest

The Ambassadors would like to sponsor an ornament challenge for clubs to assemble as part of their December virtual meetings. This is a way to promote virtual gathering for groups, or if you'd rather not do a virtual meeting, that's okay too. Just distribute these kits to your youth and have them ready to give to your local nursing homes for Christmas!

Sign up here with the number of kits you'll need for your youth and we'll get them out to you by the end of November.

<https://forms.gle/2M8jWhakkeWbaaNMA>

Programming Guidelines Going Forward

There are a few updates to the programming guidelines. Small group programming is still ideal at group sizes of 10, 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 new guidelines and FAQ's related to COVID-19.

New 4-H COVID-19 Related FAQs posted

12. How does a 4-H Club or 4-H Group conduct elections if they can't meet face to face?

4-H Clubs and 4-H Groups should follow their bylaws regarding elections. Voting could take place using an online platform, email, electronic survey or mail in balloting provided that the bylaws allow for that flexibility. If the bylaws do not provide that flexibility, it is accepted practice that officer terms can be extended until an election can be conducted.

13. What if we can't meet as a 4-H Club or a 4-H Group?

4-H Clubs and 4-H Groups should continue to explore virtual or face to face meeting options, however, we realize that meeting virtually or face to face may not be feasible for all 4-H Clubs and 4-H Groups. For this reason, it is acceptable for 4-H Clubs and 4-H Groups to postpone regular meetings until March 31st, 2021 when this timeline will be reassessed. Flexibility should be considered in individual meeting requirements to allow youth to maintain their membership standing.

14. Should I re-enroll in 4-H if my club is not meeting?

Yes! Wisconsin 4-H is continuing to offer programming at the club county and state level. Youth are encouraged to enroll/re enroll in 4-H as there will be programming options that will be available to Wisconsin 4-H members. The 4-H movement has thrived for over a century and we will get through this together. We are stronger together!!

15. Our club/group has dues, can we suspend or reduce 4-H dues for 2020-21?

If it is financially feasible, 4-H Clubs and 4-H Groups may consider suspending or reducing membership dues for the 2020-21 4-H program year.

16. What if our 4-H Club or 4-H Group has excess funds because of the COVID-19 pandemic?

For the 2020-21 fiscal year, the Division of Extension and Wisconsin 4-H is suspending the Excess Funds policy for all 4-H Clubs and 4-H Groups. We realize that developing a plan to spend down excess funds during this pandemic is not practical. Once Wisconsin 4-H Clubs and 4-H Groups can resume more normal operations, the suspension of this policy will be lifted.

Simplified Approval Process for 4-H Programs

For In Person Programming only with Adults – A Program Approval Checklist still needs to be submitted in SharePoint prior to the event. No approvals are required, but complete documentation and submittal of the form is critical.

For In Person Programming that includes Youth – A Program Approval Checklist requires approval before the event by your supervisor/Area Extension Director. We are moving to a one-step approval process. Program and Institute staff are still resources for questions. Checklists will be uploaded to our current SharePoint flow process for approval. Educators will continue to upload the program contact log for youth programs after the event.

Both of these changes rely on Educators understanding our current policy and guidance around programming. Educators will be responsible for ensuring compliance for programming they are leading and that are volunteer led. Current program guidance continues to be posted on our SharePoint COVID-19 site under “Return to Workplace”.

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



coffee corner >>>

Welcome to a new installment on the newsletter, a coffee with Emily. I can't hang out with you in person, but here's what I'm listening to right now. Things that are helping me to breathe, to forgive myself, to be better. Because 4-H isn't just about youth y'all. It starts with you, parents. YOU need to thrive as much as the youth do.

So if you have a long drive, or a minute to yourself and need something. Sit down with me and just absorb. And this is a 2-way street, just like any chat. If you have suggestions for me, please share!

Podcasts to Check Out

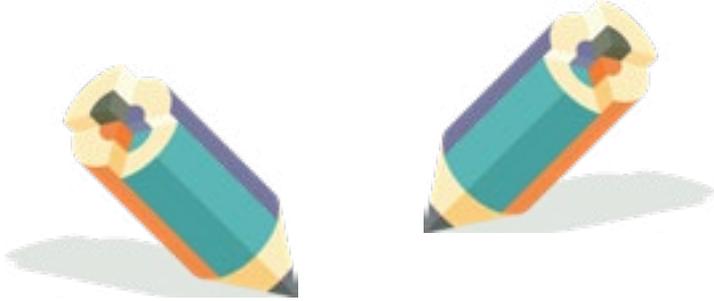
- Unlocking Us with Brene Brown (see specific episode on Untamed if you want to know what gave me a personal breakthrough)
- Code Check (a great way to see life from a different perspective)
- This American Life (wonderful stories of everyday people)

This may not be your cup of tea or coffee, I get it. This isn't to convince you to do anything other than just be you. But I figured a little support lobbed your way might make you smile. Look for future installments of Coffee Corner!

odds and ends >>>

Clover College Instructor Request

We are still figuring out how Clover College will be shaped for 2021. With such great momentum over the past few years, we want to keep those sparks going. So we will start with seeing who is on board and willing to assist. If you are interested in being a Clover College instructor for 2021, please fill out this form: <https://forms.gle/r4iq7Z5QUducvweC7> by November 15. I will follow up with all interested people by Dec. 1st.



4hOnline 2.0 Update

4HONLINE IS READY as of Oct 1! The good news is that the old link will bring you directly there as of October 1, 2020. The somewhat inconvenient news is that you will need to select all the projects your youth is interested in. They do not roll over THIS year, but they will in following years. Everything else should still be there, but be sure to review it as you re-enroll. For help to walk you through this process, please visit this site: https://fyi.extension.wisc.edu/4h-ext/files/2020/09/4HOnline.v2.Family.Enrollment.Guide_.pdf

TO ENROLL AND RE-ENROLL - go to: <https://v2.4honline.com>

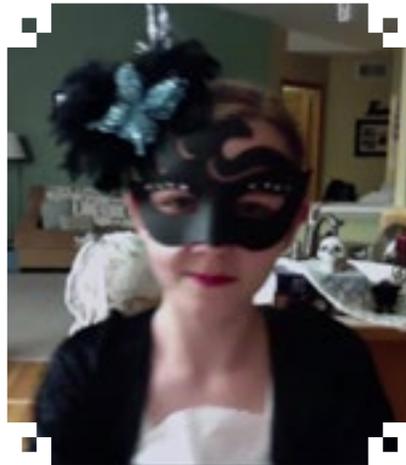
Phantomess of the Opera: GUILTY

Many monsters gathered Friday October 29th at the Monster Mansion to decipher who stole Madsy Entist's NORMALLO potion. Dracula and his Lady were in attendance, as was Frankenstein and his Fiancee. We saw the Wicken Witch of the West, Zombie King and his Disciple, Ogre Prince and Princess, the Swamp Thingy, Woolly Werewolf, and of course Phantomess.

After many clues and interviews, we deduced it was indeed the Phantomess who then proceeded to alert us that the potion was destroyed. Alas, we will remain monsters forever. Many thanks to all the monsters in attendance, we had a smashing time and hope to have another such event next year.

Thank you to Lauren K for being our beautiful culprit!

Yours unfortunately forever,
The Ghost Detective

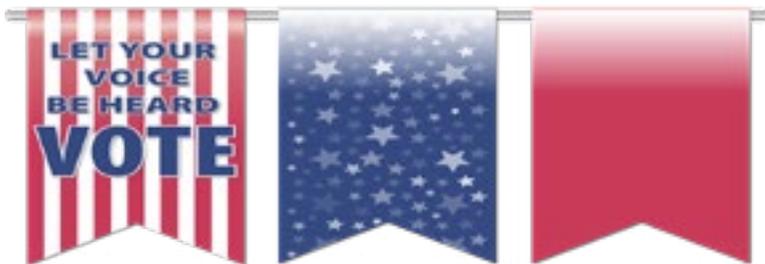


Cedar Crest Ice Cream Contest

Cedar Crest Ice Cream and the Wisconsin 4-H Foundation have teamed up again to present the "Cedar Crest Ice Cream 4-H Flavor Contest" for Wisconsin 4-H clubs. The contest is open to all Wisconsin 4-H members to create and submit a flavor recipe.

Entries are due no later than November 13, 2020.

For contest details, and to enter, visit: <https://wis4hfoundation.org/events/cedar-crest-ice-cream-flavor-creation-contest/>



leadership >>>

Leaders Board Meeting

When: Thursday, Nov 12, 2020 at 6:45 p.m.

Where: Online! Link: <https://tinyurl.com/y4dwovyy>

Initially we were to meet at the Hamilton Town Hall, however, they have needed the space for a different meeting. Efforts to secure another indoor space has been difficult, so in the essence of moving forward we will meet virtually again in November.

At this meeting we will be voting on a new Vice President, Secretary, La Crosse/Onalaska Representative, Bangor Representative, and At-Large Representative. If you would like to vote, please plan on attending! We also will have an update from the La Crosse Agricultural Society Livestock Committee.

Ambassador and Youth Leader Meeting and Update

When: Sunday, November 22, 2020 at 7:30 p.m. **Where:** Online! Link: <https://tinyurl.com/y2vlpncm>

Well, since our in person meeting was sort of a flop, we are moving back to virtual. It's too cold. At our next meeting, we will decide on an ornament for the December club challenge kits, and look forward to what we will do for February!

Also – brush up on the game Among Us. There will be a friendly challenge at the end of the meeting... if you're up for it of course.

animal sciences >>>



Winter Show Steer Nutrition

When: Tuesday, November 17th @ 7:00pm

Where: Online! [Meeting Link, click here.](#)

For more information, [clicking here.](#)



Virtual Meats Judging Contest

When: Sunday, November 22nd

Where: Online! [Meeting Link, click here.](#)

For more information [please click here!](#)

Pumpkin Carving Contest Results

The results are in! The Spooktacular Pumpkin Carving and Decoration Contest has ended, and we have winners in two age groups!

- Grades Pre K - 3rd:

- Best of Show: Pumpkin Panda
- Most Creative: Pumpkin Panda

- Grades 4th - 11th:

- Best of Show: Stan the Scarecrow
- Most Creative: Stan the Scarecrow



Pumpkin Panda



Stan The Scarecrow

Boogy Witch



Snail



4H

Toothy



Harry Pump-tter



Holey Pumpkin



November 2020 >>>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Virtual 4H Meeting	6	7
8	9	10	11	12 Virtual 4H Meeting Leaders Board Meeting	13	14
15 Clover College Instructor Form Due	16	17 Winter Show Steer Nutrition Presentation	18	19 Virtual 4H Meeting	20	21
22 Ambassador Meeting Virtual Meats Judging Contest	23	24	25	26 Extension Office Closed	27 Extension Office Closed	28
29	30					



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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.