



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**.

March 2021

in this issue >>>

- » Leaders Board Meeting
 - » Ambassador Meeting
 - » 2021 Scholarships
 - » Dog Training Classes
 - » YQCA
 - » February Ambassador Challenge Update
 - » April Blood Drive
 - » Coffee Corner
 - » Clover College Update
- ...and much more!*

Keep Heading Up

At the moment, we are all rising and quite close to the peak of a steep drop on a roller coaster. We can almost see over the edge, and whoa, it's going to be a wild ride. Edging closer to the pandemic, and the state is going to ease up on restrictions soon. However, there will still be some reporting required, etc. As soon as this information is released to us I will share it.

I honestly want to stress that all of these requirements we used this year helped keep 4-H safe. I don't think there were any outbreaks associated with any 4-H event statewide, which is awesome. We stayed home so that we didn't cause families to lose out on 2 weeks of pay. We wore masks so that grandparents could stay out of hospitals. We did this out of respect for others, which is great to see. I've met some extremely loyal 4-H families this year and got to know a few youth so well. I treasure these memories.

We still want to maintain safety as we all heal from this pandemic. So what I'm going to do is put whatever COVID policies, gathering resources, and procedures on this site: <https://lacrosse.extension.wisc.edu/4-h-youth-development/covid-resources-for-4-h/> It's empty at the moment, but it will grow, so please check there if you have questions or need something.

But of course – I'm here too. I want to talk out plans, answer those questions, and help you fill anything out. As we tip to the other side of this hill, it's going to be crazy. But exciting. I'm glad you're still here. Let's go!

Emily Crook
Positive Youth Development Educator
La Crosse County Extension

leadership >>>

Ambassador and Youth Leader Meeting

Okay guys. Let's get together and discuss the summer. We need to talk about Dairy Breakfast, Fair, Training, Day Camp?

When: Sunday, March 21, 7:30 p.m.

Online: <https://tinyurl.com/ftcetkcn>

Ambassadors and all Youth Leaders Grades 6 and up are welcome! PLEASE come. I have not see many of you all year. I miss you.

Leaders Board Meeting

When: Thursday, March 11, 2021 at 7:00 p.m.

Where: Online, at <https://tinyurl.com/5ht83dht>

Call: 1 312 626 6799 US (Chicago)

Meeting ID: 975 7344 9672

Passcode: 907630

We will discuss updates to programming restrictions, scholarship applications, and committee assignments.



VIP Training Opportunity

There is an updated version of Volunteer In Preparation Training, and I know there quite a few people at this time who need it. I will reach out to those who I know of, but if you're interested in getting certified as an adult volunteer then please plan on attending the VIP zoom:

Date: Monday, March 29, 2021

Time: 8:00 p.m. (sorry y'all, I have to get the twins to bed) - 9:00 p.m.

Location: Zoom Online: <https://tinyurl.com/wrum7fxe>

Meeting ID: 999 4275 1151

Passcode: volunteer

Phone: 1 312 626 6799 US (Chicago)

Annual Leader Training

Every chartered club is required to have one volunteer representative of the club take an annual training. This year, these trainings were all online and they are now ready for view if you missed the live version. If your club or project wasn't represented at a training in December (attendance was recorded), then you need to follow up with these videos. Just pick one from here: <https://4h.extension.wisc.edu/resources/volunteer-resources/training-for-volunteers/> There are three to pick from. Once you finish the video there is a form I need you to submit: <https://forms.gle/QWJ5DMB3usWkwFSA6>

You don't have to be a leader to take this course - if you just want to learn more about 4H please check it out!



animal sciences >>>

La Crosse Youth Livestock Committee

Introducing a new resource and agency that will help all youth interested in livestock: the La Crosse Youth Livestock Committee. If you are planning on auctioning livestock at the fair this summer, please check out the following information to keep updated:

- This site for forms, etc: <https://lacrosse.extension.wisc.edu/4-h-youth-development/4-h-projects/livestock-project/>
- This site for their facebook group: <https://www.facebook.com/groups/730275387515701>
- This email for contact information: lacrosseyouthlivestock@gmail.com

While 4-H will work with this group closely to provide information of educational options to our members, this is not an officially chartered 4-H group. This group is a separately sanctioned agency that includes many 4-H members but also FFA, too. As such their gathering policies are different from ours, and that is expected. Do what you feel comfortable doing.

animal sciences (cont)>>>

Livestock Showcase Lessons

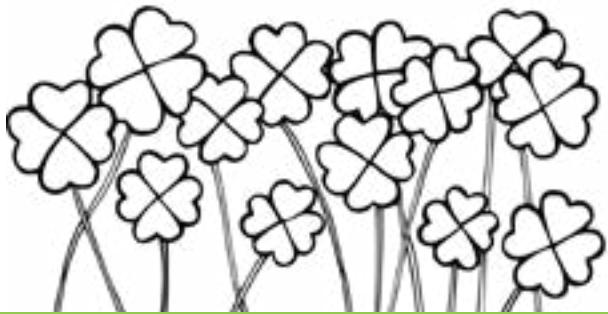
The next round of entries for the Livestock Lessons Program are due on March 19th, 2021.

Livestock Lessons are open to all youth who are interested in the animal projects. Each youth can enter one submission in both oral presentation and written public service announcements. Entries will be divided into the following grade judging categories from the 2020-2021 school year: Junior (Grades 3-5); Intermediate (Grades 6-8); and Senior (Grades 9-13).

For more information on this program, and instructions on how to submit a livestock lesson, visit: <https://bit.ly/LivestockLessons>.

For more information or to view the winning videos and PSAs from the previous contest, check out the Wisconsin Youth Livestock Program Facebook page <https://www.facebook.com/wisconsinyouthlivestock> or Instagram page <https://www.instagram.com/wiyouthlvstk/>. There is a YouTube playlist of all the videos that can be reviewed.

If you have questions, contact Bernie O'Rourke, UW-Madison Animal & Dairy Sciences Extension Youth Livestock Specialist, at borourke2@wisc.edu.



2020 YQCA Training

Anyone planning on auctioning swine, sheep or beef this summer at the La Crosse Interstate Fair (our county fair!) needs to complete the 2021 Youth for the Quality Care of Animals (YQCA) training. It's a national multi-species quality assurance program for youth ages 8 to 21 with a focus on three core pillars: food safety, animal well-being, and character development. Every year the course is a little different, but it is solid quality education from some serious organizations. And this year, the La Crosse Youth Livestock Committee is requiring all youth in livestock projects who plan to auction this summer to complete this training.

- Online training: Costs \$12 and is available right at this very moment.
- In person training: Might be scheduled later this spring/early summer. Costs \$3.

Both training versions require pre-payment online (visit yqca.org) and the La Crosse 4-H Leader's Association will reimburse \$3/youth when they receive a copy of the completion certificate.

When you complete your training online, YOU need to save a copy of your certification and email it to lacroseyouthlivestock@gmail.com (and if you request reimbursement, please email it to lacrosecounty4h@lacrosecounty.org as well). Any questions? Feel free to reach out to us: 608-785-9593 or either the emails above.



2021 Dog Training Classes

The Dog Project will once again be offering training classes in the disciplines of Showmanship, Obedience, Agility, Critter Hunt and 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://lacrose.extension.wisc.edu/4-h-youth-development/4-h-projects/dog/>.

Registration is due to the Extension La Crosse County Office by Thursday, April 1st at 4:30 p.m.

Dog Project Orientation

There will be a **mandatory orientation meeting on Tuesday, April 13th** at 6:30 p.m. via Zoom. Meeting ID: 849 8805 0784 and Passcode: 313352. Link will be sent out closer to the date to project members.

All dog project members who will be showing at the Fair for Obedience, Showmanship, Critter Hunt or Agility are required to attend this meeting with a parent.

clover college calendar

march

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------------------|-----|----------------------------|----------------------------------|-----|-----|-----|
| | 1 | 2 Pie Spin Club Week 3 | 3 Pollinators be Pollinating | 4 | 5 | 6 |
| 7 Miniature Dollhouse Week 1 | 8 | 9 Pie Spin Club Week 4 | 10 Pollinators be Pollinating | 11 | 12 | 13 |
| 14 Miniature Dollhouse Week 2 | 15 | 16 Pie Spin Club Week 5 | 17 Pollinators be Pollinating | 18 | 19 | 20 |
| 21 Let's Rock | 22 | 23 Pie Spin Club Week 6 | 24 Pollinators be Pollinating | 25 | 26 | 27 |
| 28 Mystery through Science | 29 | 30 | 31 | | | |

The 2021 Clover College will be done completely virtual and the classes will be done via Zoom. Class Descriptions and links can be found in last month's cloverline, or on our virtual 4H Events Calendar at: <https://lacrosse.extension.wisc.edu/4-h-youth-development/4-h-calendar/>

pictures from clover college so far >>>

pie spin club



adaptations >>>

World Radio

Need something different fascinating for your family and club to check out? Listen to radio stations from around the world at the Radio Garden: <http://radio.garden/> I've been using it lately to just in enjoy other types of music and the accents from the DJs, Kaitlyn, our Agriculture Educator listens to reminisce on her time in Ireland. It's a lot of fun, give it a try! (a volunteer shared this!)



Programming Guidelines Going Forward

****At the time of this newsletter we are still waiting for the latest updates from state. Until we have them we operate as we have.**** 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".



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.

Lately I've been doing hard self-care things. Going to therapy so I can grow up the emotions that stayed little and keep me overwhelmed and trying my best to not fall into harmful self-soothing habits. One of those habits is communication patterns. It's hard to be our best when we don't feel supported in various ways. But sometimes the way we communicate can inhibit the very support we need.

Bring in the Gottman Institute! They have done research on relationships for decades, and have narrowed down the 4 biggest hindrances to communication between loved ones. They call it the 4 horsemen (after the apocalypse). Check out this link for more information: <https://www.gottman.com/blog/the-four-horsemen-the-antidotes/> These antidotes can clear out a lot of the clutter in ANY relationship, be it spousal, coworker, or with your kids.

I realize this doesn't have a lot to do with youth right now - but my theory is that happy parents lead to happy kids. I'm sure you'd agree.

odds and ends >>>

4H Project Enrollment Deadline Still Stands at April 1st

If your youth plans on showing anything at the county fair this summer, please make sure they are enrolled in the project titles they plan to exhibit in **BY NOON APRIL 1, 2021 HERE IN 4H ONLINE:** <https://v2.4honline.com>. This is always confusing every year to everyone, so if you need help with picking the right projects, let me know. Honestly, I don't mind. However, the project guide has a super helpful section in the back to help you understand what fair exhibits match what 4H projects you need to enroll in. To find that go here: <https://lacrosse.extension.wisc.edu/4-h-youth-development/4-h-projects/>

If youth are NOT enrolled by April 1st, they cannot show at the county fair. You CAN still enroll in 4-H and be a 4-H member but you cannot show at fair.

This deadline ensures that youth are getting some education based on the exhibit they will show. This is a loose term I realize, but we all try our best. It's a policy upheld by 4-H and the La Crosse County Agriculture Society who runs the La Crosse Interstate Fair.

Here is last year's fairbook exhibit guide: http://lacrosseinterstatefair.com/exhibitor_handbook if you want to dive further into it. The department headers usually relate pretty well to the project selections in 4-H. There might be some updates this year, but this will not affect 4-H project selection at this time.

Need help with 4-H projects? Feel free to reach out to us at lacrossecounty4h@lacrossecounty.org or call 608-785-9593.

April 4H 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.

Date: Friday, April 9th

Time: 9:00AM-2:00PM

Where: 1460 W CTY, WI-16, West Salem, WI 54669

Register here: https://donate.wisconsin.versiti.org/donor/schedules/drive_schedule/212897

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

Open Foods Superintendent Position

Jr Nature Sciences, Jr Woodworking, Jr Electricity, Jr Mechanical Science, Open Woodworking Superintendent Position

The La Crosse Interstate Fair is looking for individuals to be superintendents/assistants for these departments. If you or anyone you know would be interested please contact Carlie Scriver at 608-317-9168 or carlie.scriver@yahoo.com for questions and a description of the position duties.

February Ambassador Challenge

The 4H Ambassadors proposed a challenge in February to show “What you love about 4-H” by decorating your door! Here are some of the participants:



COOPERATIVE EXTENSION SERVICE

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La Crosse County Offices
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La Crosse, WI 54601

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important dates>>

March 11 - Leaders Board Meeting
March 19 - Livestock Showcase Lessons Due
March 21 - Ambassador & Youth Leader Meeting
March 29 - VIP Training
April 1 - Dog Training Registration Die
April 9 - 4H Blood Drive
April 13 - Dog Project Orientation



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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.