



# Cloverline

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

## November 2021

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*...and much more!*

## Responding to Ingratitude

We are in the business of developing a sense of generosity in our 4-H members, but let's be honest, sometimes they just do things to get it over with. And to be fair, there's nothing inherently wrong with that. We all have good days and bad days, and we can't be super happy to do acts of service all the time. Part of life's joy is just the grit to get it done.

And yet developing a sense of gratitude is important in child development. It's how we grow into people who know our purpose in the world. How we understand that different people exist but that doesn't mean they are bad people. It develops our empathy. More importantly, it keeps parents from losing their mind when they do care tasks for their children.

We know that children tend to learn best with clear communication and expectations, and they respond when we genuinely model how we want them to act, and sharing our feelings along the way. And yet, sometimes those instances of ingratitude can absolutely set us off. I found this article helpful in how we handle our response: [https://greatergood.berkeley.edu/article/item/the\\_best\\_ways\\_for\\_parents\\_to\\_respond\\_to\\_ingratitude](https://greatergood.berkeley.edu/article/item/the_best_ways_for_parents_to_respond_to_ingratitude).

During this traditional month of gratitude - may your kids respond and appreciate you!

Emily Crook  
Positive Youth Development Educator  
La Crosse County Extension

# animal sciences >>>

## Rabbit Project Meeting

**Date:** Saturday, November 13th, 2021

**Time:** 10am - 12pm

**Location:** Black River Beach Center

*Please do not bring bunnies to this meeting.*

### Halloween party costume contest results:

(1st Place): Brynn

(2nd Place): Seth

(3rd Place): Trey

(4th Place): Ian



## Goat Project Meeting

**Date:** Sunday, November 28th, 2021

**Time:** 3:00 p.m.

**Location:** Onalaska Community Center  
515 Quincy Street, Onalaska WI

# COMMUNITY OPPORTUNITIES

## Western Technical College Computer Skills Training

Western IT-Computer Support Specialist students are offering computer skills training sessions this fall. These online sessions are free and open to everyone. See the list of sessions available here: <https://www.westerntc.edu/computer-skills-fall-training> to register!



## La Crosse Skisparks Cross Country Skiing Club

Registration for the La Crosse Skisparks cross country skiing club that meets on Sundays at 3pm at Hixon Forest in La Crosse. The registration is through [mysl.org](http://mysl.org), as we are a chapter of the Minnesota Youth Ski League. There is rental equipment available and we teach beginners up through experienced skiers. If members have any questions, they can reach out to me or our club leader, Chris Cogbill ([lacrosse@mysl.org](mailto:lacrosse@mysl.org)).





## La Crosse Scavenger Hunt

It's History Mystery Cache Time! I put together a program in a box, so to speak. One booklet that will get your family out of the house and on an

adventure. This year, we learn about Eloise, who while visiting her grandmother in La Crosse in 1922, loses her grandmother's heirloom bracelet. She never found it, but we can! Read about our local history, follow the clues to get the coordinates, and find the bracelet!

This is an absolutely free program. Books are available in the La Crosse Public Library starting October 15th (and upon request, I can email it to you too). This adventure is self-paced, and while it's geared for youth in 3rd grade and up, there is fun for the whole family. But be quick! The bracelet will disappear after November 15th! If you have any questions, feel free to reach out to me - [emily.crook@wisc.edu](mailto:emily.crook@wisc.edu). This is a great 4-H activity to do with a friend who isn't in 4-H yet - bring them along!

## events >>>

### Statewide 4-H Events

Normally, I would be posting all the details of Arts Camp usually held for youth in grades 6-8 in October, or Citizen Washington Focus, held for teens in 10th-12th grades in November. But everything is still a bit chaotic with staff movement in these offices and pandemic guidelines affecting the ability to make reservations. Arts Camp is scheduled to resume in October of 2022. The Citizen Washington Focus event will be held virtually in 2021, and invitations should have been sent via 4HOnline, but this all depends on when you registered of course.

To stay current with the offerings of these amazing programs, please visit: <https://4h.extension.wisc.edu/opportunities/statewide-events-and-opportunities/>. And if you plan on attending any statewide event this year, please fill out the Membership Evaluation form and submit it to the office, so that your Leader Association scholarships for these events can be as smooth as possible.

## bits n' pieces >>>

### COVID-19 Update

COVID-19 continues to affect Wisconsin, with much of the state facing high or substantial community outbreaks of the Delta variant. 4-H is focused on health while staying the course to provide youth development and educational opportunities. We continue to offer in-person programming without restrictions on group size.

If you live in a county with substantial transmission, please wear face masks indoors to reduce the chances of spreading or catching the virus. We have learned from the science that most outdoor environments do not require masks for anyone, vaccinated or not.

We have new information on our 4-H COVID web page to reinforce 4-H health guidance and link you to trustworthy resources about vaccination. (<https://4h.extension.wisc.edu/wisconsin-4-h-covid-19-policy/>)

## Clover College

Interested in participating in La Crosse County 4-H's biggest sparkliest program? As the pandemic is still lingering, we do not have confirmation of our location at Bangor Elementary YET. However, we might as the time gets closer, and as such we need to plan for this event in full force. The date of the event is Saturday, February 12, 2022 and the same times will be utilized.

You might have provided courses in the past and want to teach with us again. Or you might have heard about this event or have seen a need for specific education for our La Crosse County youth. We hope so - we need adults and youth leaders who want to teach and share their knowledge! Please fill out the class submission form here: <https://forms.gle/5oirEUE948aXyHJb8> by Nov. 15, and Emily will follow it up with more communication to get the ball rolling.



# shooting sports >>>

## Archery and Pellet Gun Program

**When:** Saturdays

January 8th & 22nd, 2022

February 5th & 19th, 2022

March 5th & 19th, 2022

**Time:** 8:00 a.m., 9:00 a.m., or 10:00 a.m

**Where:** La Crosse Archery (1231 Oak Forest Dr., Onalaska, WI 54650)

**Who:** Youth in grades 3+

**Cost:** Archery: \$6 for 4-H member, \$10 for community member

Pellet Gun: \$10 FOR 4-H member, \$15 for community member (price differential is due to insurance fees)

We are ready for the annual Archery and Pellet Gun program! The sessions start with youth learning safety and basics of shooting followed by practice sessions and concluding with an inter-program tournament on the last day. If you are wanted to participate in the 2022 La Crosse County Interstate Fair youth archery tournament, this is one of the ways to get in your safety session requirements. All necessary equipment is provided!

This popular program fills up fast and spots are awarded on a first-come, first-served basis. No spots will be held without payment received in full. 4-H members must be enrolled in 4HOnline for the 2021-2022 year at the time of registration for this program in order to be eligible for the 4-H member prices. Because extra insurances are provided, proof of hunter's safety certification is not required for pellet gun participation.

For a copy of the registration form, please visit: <https://lacrosse.extension.wisc.edu/4-h-youth-development/4-h-projects/shooting-sports/> Registrations are due by 4:30 p.m. Thursday, December 30, 2021. Please direct any questions to the Extension Office at 608-785-9593 or [lacrossecounty4h@lacrossecounty.org](mailto:lacrossecounty4h@lacrossecounty.org).



## Leaders Board Meeting

**Date:** Thursday, November 11th, 2021

**Time:** 7:00 p.m. Meeting

**Location:** Hamilton Town Hall in West Salem.

*There will be an open forum at 6:45 p.m. for anyone wishing to address the committee.*

There will be an open forum at 6:45 p.m. for anyone wishing to address the committee. The 4-H Leaders Board will be holding elections this year for the following positions: Vice President, possibly Ag Society Representative, Holmen-Mindoro Representative, West Salem Representative, and possibly an At-Large Representative. All 4-H adult volunteers and older 4-H youth are eligible to serve! Voting for positions will take place at the November meeting by ballot and terms will begin in January of 2022. Contact the Extension Office if you are interested in serving or need position descriptions! Should you wish to run for a position, please be physically present at the meeting to nominate yourself or someone else.

# odds & ends >>>

## 4-H Thriving Survey

This fall, Wisconsin 4-H will be inviting members (ages 13-18) to complete a survey about their 4-H experience. The survey was developed by National 4-H Leaders (<https://helping-youth-thrive.extension.org/>) and will help Wisconsin 4-H to learn about the quality of our programs. The information will help to show how 4-H helps young people to learn new things, develop leadership skills, manage goals, set high personal standards, create positive academic attitudes, and other skills that lead to long-term success in life.

The survey will be sent to all Wisconsin 4-H members by e-mail in the first week of October. Youth who complete the survey will be entered into a raffle to receive gift cards, scholarships to 4-H events, and other prizes.

For more information on the 4-H Thriving Model and some of the results from the 2019-2020 4-H Thriving Study in Wisconsin, visit [4-H Thriving Model – Wisconsin 4-H](https://4h.extension.wisc.edu/resources/volunteer-resources/4-h-foundations/4-h-thriving-model/) (<https://4h.extension.wisc.edu/resources/volunteer-resources/4-h-foundations/4-h-thriving-model/>).

Please keep an eye out for messages and more information about this important survey.

## 4-H Movement Yard Signs

We still have quite a few yard signs available for anyone wishing to share their love of 4-H with the community. The QR code on each sign brings people to our local county website. All yard signs are free, just stop by our office to pick yours up!



## New Eco-Wilderness Group

Date: Friday, November 5th  
Time: 6:30 p.m. - 7:30 p.m.  
Location: County Administrative Center - room 1107  
(212 6th St N, La Crosse)

Anyone interested in exploring more outdoor 4-H opportunities. Want to learn more about wildlife biology? Want to participate in some DNR challenges? Or maybe you want to encourage more gardens in your community or want to go on some nature walks with flower and mushroom identification. If you love the outdoors and want to learn more - come to this meeting! We want your interest and ideas.

# youth leadership >>>

## Ambassador/Youth Leader Meeting

**Date:** Sunday, November 28th

**Time:** 6:30 p.m.

**Location:** County Admin Center, Room 1107 (212 6th St N, La Crosse)

All Ambassadors and Youth Leaders ( any youth in grades 7+ interested in youth leadership) are invited to attend. At this meeting we will plan out our winter adventure, review etiquette dinner plans, discuss leadership professional development, and follow up with more Dairy Breakfast plans. (My goal is to keep discussing this until we find the perfect fit). Let's talk about some of the other ideas we came up with too and how we can put some meat on those bones: health programming and technology.

## Food Workshop Planning Meeting

**Date:** Sunday, November 5th

**Time:** 3:00 p.m.

**Location:** Extension Office, County Admin Center (212 6th St N, La Crosse)

Calling all youth leaders (grades 7+) who are interested in foods education. We'll be building a foods workshop for the county. Want to join in on the planning stages? Please reach out to Emily at [emily.crook@wisc.edu](mailto:emily.crook@wisc.edu) and she'll include you in on this journey!



# leadership >>>

## Learn Together, Lead Together, Annual Leader Training

This year, there will be two (2) opportunities for you, your clubs and groups, and youth and adult leaders to participate in:

### NOVEMBER 30, 2021

- 6:30-8:00pm
- Topic: Learn Together, Lead Together: Relationships, Communication and Inclusivity

### JANUARY 31, 2022

- 6:30-8:00pm
- Topic: Learn Together, Lead Together: Voices, Roles and Participation

Participants in La Crosse County can join in these sessions virtually or in person at the Extension Office. Registration links will be shared as soon as we have them available. If you plan on attending the sessions in-person, please RSVP to the office at [lacrossecounty4h@lacrossecounty.org](mailto:lacrossecounty4h@lacrossecounty.org) by noon the day of.



# youth leadership (cont)>>>

## Citizen Washington Focus 2022

Citizenship Washington Focus, or CWF for short, is the premier week long 4-H citizenship and leadership experience. CWF brings 4-H delegations from all over the country to stay in the National 4-H Conference Center in Chevy Chase, Maryland, right outside our Nation's Capital! Participants learn about the roles of Senators and Representatives in the United States' government and how these parts work together to form an effective Congress. Additionally, youth get to see and experience government in action by meeting with their State's members of Congress and watching a House of Representatives meeting.

*2022 Tentative Schedule available at a later date*

Around 100 Wisconsin 4-H'ers attend this leadership program sponsored by National 4-H Council. Delegates choose which week to attend. Held at the National 4-H Center in Chevy Chase, Maryland.

### Participants:

- Learn the importance of civic and social responsibilities relating to the development of better citizens and leaders
- Be inspired by speakers
- Participate in workshops, committee work, field trips and social events

### Participants are:

- 4-H members in 10th-12th grade at selection; minimum age 15 during experience.
- Delegates register through 4HOnline.
- Delegates carry county approval through the experience.
- Delegates must not have attended CWF in the past.

### Costs:

- Cost is approximately \$1,750. Fees vary due to travel costs.
- The Wisconsin 4-H Foundation sponsors a portion of the cost.
- Many county 4-H Youth Development programs provide partial sponsorships: La Crosse County participants are eligible for a 75% scholarship (\$1,300)
- The remaining amount is the delegate and his/her family's responsibility.

### Costs:

- Register through 4-H Online and give us a heads up that you registered by emailing [Lacrossecounty4h@lacrossecounty.org](mailto:Lacrossecounty4h@lacrossecounty.org). We'll start the process for scholarship and selection!



Questions about CWF that you can't find the answers to on the website? Feel free to contact Justin Lieck, Educational Programs Assistant at [justin.lieck@wisc.edu](mailto:justin.lieck@wisc.edu) or 608-263-5971.

# Native American Heritage Month

November is Native American Heritage Month, and since we focused a little on ingratitude at the beginning of this issue, let's bring in some gratitude. Being part of UW-Extension - I feel a LOT is owed to the Indigenous families of this land. To build relationships and have that gratitude for exactly what we benefited from, education is the first step in understanding.

I encourage you as a family or a club to review the information below. Explore what just happened on this land over a century ago. We learn in history class what treaties are, but this information will help us understand what treaties actually do. Review the stories of all those affected. Understand the struggles as they recover and rebuild. Really do a deeper dive on this. Because when I ask who isn't at our table - there are a LOT of people not at our 4-H table. And we have a lot to do and learn before we can fully invite them.

*Here are some websites that will help you explore more about our native families:*



*Link to Wisconsin First Nations:*

<https://wisconsinfirstnations.org/resources/>

## **Wisconsin First Nations:**

This collection of resources provides educators and pre-service teachers accurate and authentic educational materials for teaching about the American Indian Nations of Wisconsin. This houses fantastic learning opportunities for youth in Kindergarten and up - as well as easy to understand maps showing just where ancestral land resides. It has book lists to read and other resources, too. Definitely worth a good look.



## *Local Ho-Chunk Nation Events:*

<https://ho-chunknation.com/>



## *Link to The Ways:*

<https://theways.org/#waadookodaading>

**The Ways:** An ongoing series of stories from Native communities around the central Great Lakes. This online educational resource for 6-12 grade students features videos, interactive maps, and digital media exploring contemporary Native culture and language. The Ways supports educators in meeting the requirements of Wisconsin Act 31, seeking to expand and challenge current understanding of Native identity and communities. The Ways is a production of PBS Wisconsin Education.

## *UW-Madison Events*

### *Regarding Native-November:*

<https://www.wisc.edu/native-november/>

## *Link to Land-Grab Universities:*

<https://www.landgrabu.org/universities/university-of-wisconsin>

### **Land-Grab Universities:**

Nearly 11 million acres of Indigenous land. Approximately 250 tribes, bands and communities. Over 160 violence-backed treaties and land seizures. Fifty-two universities. With the information provided here, you can untangle the powerful and painful strains of myth and money behind the land-grant university system, which broadened access to higher education in the United States. This starts the conversation of property-based ownership vs relational ownership. How can we honor the land we currently own in a way that respects how it was once loved by indigenous families?



# save the date >>>

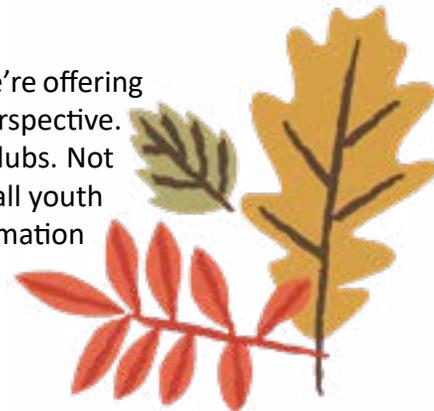
## Officer Workshop

**Date:** Monday, November 29th

**Time:** 6:30 p.m.

**Location:** Online - Zoom

In collaboration with educators and youth in Dane County and Kenosha County, we're offering an online officer workshop to get more participation and different experiences and perspective. Meet other club officers around the state and get ideas you can take back to your clubs. Not sure how to fill your role in your club? Get some basic foundational skills! This is for all youth starting in or interested in positions of leadership in their clubs. Registration information coming - but save the date!



## new family section >>>

Each month we hope to provide some helpful hints, definitions, and to-dos to assist new families in joining in on club and county activities. If you haven't been invited to a club meeting yet, please reach out to our office at [lacrossecounty4h@lacrossecounty.org](mailto:lacrossecounty4h@lacrossecounty.org).

### CLUB MEETINGS

Club meetings are where youth learn life skills in a real-world setting. It's where they learn how meetings operate in the business world. It's also how they learn by exploring in a safe place and most 4-H alum will share it's also where they learn how to publicly speak. These are all essential skills that aren't necessarily taught in schools.

As a family - this is where youth and families will learn how to build their community network!

### AT THE MEETING

Meetings can be overwhelming. How does everyone know how to make a motion already? Who are our club officers and what do they do? These are great questions to ask! The most important thing to know though is that our club meetings are safe spaces to explore.

Don't be afraid of making mistakes, just try. Eventually, you will get the hang of it and be a professional 4-Her to the new families next year! They key is to make an effort to attend the meetings and participate as much as possible. There is a popular saying in 4-H is that you get out of it what you put in, and that's very true.

### COUNTY COMMUNICATIONS

Emails about project information are still sitting in Emily's mind - but they will go out soon WITH the newsletter about the club meetings as well. It's important to reach out to our office though if you are having a hard time finding a club or are stuck with what to do next. Please reach out to [lacrossecounty4h@lacrossecounty.org](mailto:lacrossecounty4h@lacrossecounty.org) if you need assistance.

Also - we have finished putting together a New Family Guide - check it out here: <https://lacrosse.extension.wisc.edu/4-h-youth-development/new-4-h-families/>

More details about specific 4-H projects and statewide project learning opportunities can be found on our state website: <https://4h.extension.wisc.edu/opportunities/projects/>.

# save the date >>>

## Parent/Volunteer Holiday Party

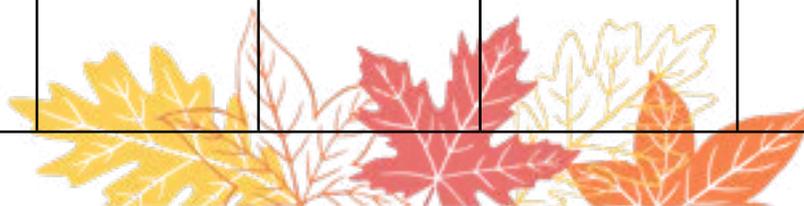


**Date:** Thursday, December 2, 2021  
**Time:** 6:00 p.m.  
**Location:** The Log Cabin ( N4697 State Rd 162, Bangor)  
**Who:** 4-H volunteers, leaders, parents (no youth please)  
**Cost:** FREE!  
**RSVP:** [lacrossecounty4h@lacrossecounty.org](mailto:lacrossecounty4h@lacrossecounty.org)  
or 608-785-9593  
**by Wednesday November 23, 2021**

The La Crosse County 4-H Leader's Association is pleased to invite all 4-H leaders, parents, and volunteers to the annual holiday party! A free meal and dessert will be had along with a short awards ceremony, board induction ceremony and plenty of holiday shenanigans! Guests are encouraged to bring something small for a door prize gift exchange. Come join the fun by getting your RSVP in to the Extension office today!

## november calendar >>>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Food Planning Workshop	6
7	8	9	10	11 Leaders Board Meeting	12	13 Rabbit Project Meeting
14	15	16	17	18	19	20
21	22	23	24	25 Extension Office Closed	26 Extension Office Closed	27
28 Goat Project Meeting  Ambassador Meeting	29 Officer Workshop	30	1	2 Parent/Volunteer Holiday Party	3	4



**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.