



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**.

December 2021

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Holiday Routines

I like my routines. They have sustained a level of functionality for my household, my person, and my parenting. But goodness me, try and change one of those routines on the fly - like blocking off the laundry room with a piece of moved furniture for an evening because we needed to paint a wall - and my whole calibration system is so OFF it will take me days to recover.

That can't be a good way to handle things. I bet it feels that way with our kids too. Only some of them can't recognize it in themselves or even state what's off. Therefore we just witness the crankiness, restlessness, irritating life force that is an angsty child. The holidays don't provide stability for our lives, that we know for certain. And now that we are ramping up our more traditional schedules, this year can be exceptionally hard on kids of all ages (including me and possibly you, too!)

Not to throw more tools for your parenting toolbox, but here we go again. This article from PBS Kids "5 Ways to Help Kids Be Flexible When Plans Change" (<https://tinyurl.com/32ryt9y7>) - though written this summer - is a great general practice for any time in the year when things get a little chaotic for any person, regardless of age. So that, hopefully, these little efforts of resilience will help you and your loved ones survive the holidays with less burnout and more joy!

Have a wonderful season everyone. See you next year! (har har)

Emily Crook
Positive Youth Development Educator
La Crosse County Extension

COMMUNITY OPPORTUNITIES

The 4000 Foundation, Limited
presents ... **La Crosse's 30th Annual
GREAT TRI-STATE
RAIL SALE**



**THE TRI-STATE'S LARGEST ONE DAY
HOBBY SALE • MODEL RAILROAD FLEA MARKET • SWAP MEET**

300 Vendor Tables featuring ...

All Scales Equipment & Accessories

- Railroad Antiques & Memorabilia
- R.R. Books, Magazines & Pictures •
- Hobby Supplies • Die-Cast Models
- Antique Toys • *and much, much, more!!*

**Saturday, January 29th, 2022
9:00 a.m. - 3:00 p.m.**

Admission \$5.00 - Children under 12 FREE

LA CROSSE CENTER

2nd & Pearl Streets • La Crosse, Wisconsin

Swap Tables • Hobby Dealers

For Information and Reservations:

The 4000 Foundation, Limited

P.O. Box 3411 • La Crosse, WI 54602-3411

Phone: 608-781-9383 or 608-498-9522

www.4000foundation.com

The great Tri-State Rail Sale is a production of the 4000 Foundation, Limited in partnership with the La Crosse Parks & Recreation Department.

All Proceeds go to Maintain and Restore the La Crosse Short Line Railroad Heritage Museum

— NEXT SHOW —

RAIL FAIR

SATURDAY, JULY 16th, 2022

held at: **COPELAND PARK, Rose & Clinton Streets**

Boys and Girls Club & School District of La Crosse - Drivers Needed

Youth Organizations stick together in La Crosse. And the BGC and District of La Crosse is looking for morning drivers to get over 90 homeless youth to school. This is a paid position, and the shift starts at 6:30am. They need someone consistent who is 21 or older. If you or someone you know needs some part-time work, and wants to do something good for the community, please reach out to Andy Kiel at andy.kiel@bgclax.org.

Wild Fridays: Nature & Art Play

Meets: Fridays 9:30 AM - Noon

Dates: December 3 & 17; January 7 & 21;
February 4 & 18

Cost: \$25/week or \$145 for all 6 weeks

Locations: Vary on date but all La Crosse or Onalaska

This outdoor education program offers youth ages 5-11 the chance to combine nature exploration and creative expression. We will explore natural materials, scientific observations and artmaking. This program is held entirely outdoors on the trail, so dress warm with snow pants and winter gear. During the winter months we focus more on large motor skills like building forts and shelters and making land art and creative play. Nature journaling is a core part of the experience and all sketching materials are provided. Bring a warm beverage and a snack. Caregivers are welcome to stay but not required.

For more information or to register visit the site: <https://www.ecoexpressions.org/event-calendar> or email Jan Wellik, EdD, Director of Eco Expressions, at jan.wellik@gmail.com

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/>)

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!



leadership >>>

Leaders Board Meeting

Date: Thursday, January 13th, 2022

Time: 7:00 p.m. Meeting

Location: Hamilton Town Hall in West Salem (N5105 Leonard N, West Salem WI, 54669)

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



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. If you have any questions, feel free to reach out to me - 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!

Pump House Art

Reminder to pick up any art left at our office from the Pump House Exhibitions or we will keep it for display in our office!

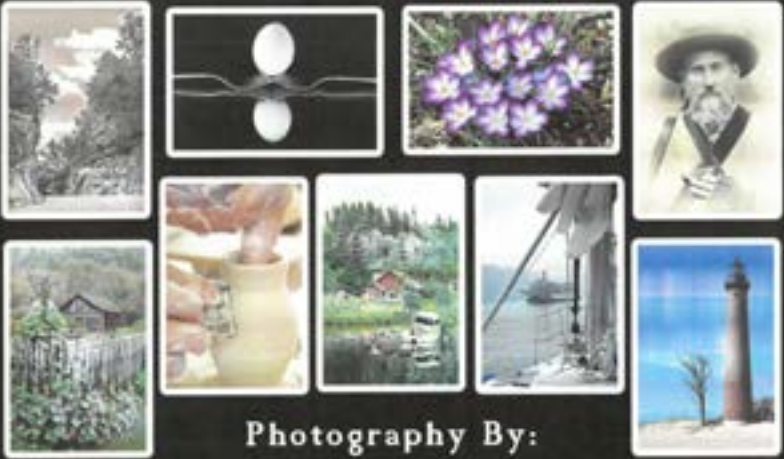


photography>>>

Moments In Time

Doyle and Shirley Gates, Debbie and (late) Paul Abraham - Key Leaders in the Photography project and members of the State 4-H Photography Advisory Committee, along with Robert Taunt cordially invite all La Crosse 4-H Photography members to their exhibit Moments in Time at the Marie W. Heider Center for the Arts (405 E Hamlin St, West Salem 54669) from December 1, 2021-January 13, 2022.

A special reception will be held Thursday, December 9, 2021 from 6:00 - 7:30 p.m. at the Heider Center for anyone interested! Come show your support for Debbie Anderson, the superintendent of both Junior and Open Class Photography at the La Crosse Interstate Fair. Marvel at Shirley and Doyle's art - all three exhibitors are also long-term members of the La Crosse Area Camera Club. Wear your 4-H shirts and make us proud!



MOMENTS IN TIME

Photography By:
**Doyle and Shirley Gates
and Brandon Wanke**

- SHOW DATES -
Dec.1-2021 - Jan.13-2022
Reception-Dec.9 - 6-7:30pm

HEIDER CENTER
405 East Hamlin St. West Salem, WI 54669
608-786-2550
www.heidercenter.org

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: **ALL SESSIONS OF PELLET-GUN ARE FULL.**

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.

animal sciences >>>

Rabbit Project Holiday Meeting

Date: Saturday, December 18th, 2021
Time: 10am - 12pm
Location: Black River Beach Center
1433 Rose St, La Crosse WI

Please RSVP on the Blue Ribbon Bunnies Facebook Group. Holiday Christmas party wear Christmas attire and bring TWO gifts wrapped between \$5-10.00 (one for humans one for bunnies) gift no more than 10.00. There will hopefully be a Vet tech available for education piece.

YQCA Training

For youth livestock exhibitors (regardless of youth affiliation) that wish to participate in the 2022 Wisconsin State Fair or the La Crosse Interstate Fair, Youth for the Quality Care of Animals (YQCA) training is required. The training can be completed in two ways:

- **Online:** This method is in the form of self-guided modules and costs \$12 to complete. Participants over the age of 18 MUST complete the online training. This method is also recommended for youth wanting to test out.
- **In-Person: Date: Monday, Dec. 13, 2021, 6:30 - 7:30 p.m.** La Crosse County Administrative Center (212 6th St N, La Crosse) Room 2105. Cost is \$3.

In order to receive your certificate of completion, you must register for the course and pay for it online at <http://yqca.org>. Log in based on your youth organization, and RSVP and pay for the course. The 4-H Leader's Association will reimburse all youth who attend a YQCA training \$3, virtual or in-person, on receipt of payment. More trainings will come in 2022!



Goat Project - Caprine Christmas Party

Date: Sunday, December 11th, 2021
Time: 3:00 p.m.
Location: Onalaska Community Center
514 Monica Lane, Onalaska WI

Horse Project Meeting

Date: Thursday, January 6th, 2021
(No December Meeting)
Time: 6:30pm
Location: Barre Town Hall
W3541 County Rd M, La Crosse WI

La Crosse Youth Livestock Committee Meetings

Date: 12-01, 01/05, 02/02, 03/02, 04/06,
05/04 (First Wednesday of the Month)
Time: 7:00pm
Location: Log Cabin
N4697 WI-162, Bangor WI

For forms, assistance and general information, visit: <https://lacrosse.extension.wisc.edu/4-h-youth-development/4-h-projects/livestock-project/>. Join them on facebook: <https://www.facebook.com/groups/730275387515701> or email lacrosseyouthlivestock@gmail.com.

Presenting Your 2022 Leaders Association Board

President.... Kirsten Harris
Vice President ... VACANT
Past President... Heidi Groth
Treasurer... Linda Saley
Secretary... Peggy Maricle
Agriculture Society Rep... Carolyn Christopherson
La Crosse/Onalaska Rep ... Kimberly Young
Holmen/Mindoro Rep... Rick Shisler
West Salem Rep... Pam Hoth
Bangor Rep... Corey Sjoquist
At-Large Rep... Mikayla Fechner
At-Large Rep... Tom Fechner

Ambassador Reps (elected at Ambassador meetings):

Emily Groth and Mollie Manke

youth leadership >>>

Ambassador/Youth Leader Meeting

Date: Sunday, January 23rd, 2022

Time: 6:30 p.m. - 8:00 p.m.

Location: Super Secret Location for Ambassadors - given at meeting
(or email Emily if you need it)

RSVP to Emily at emily.crook@wisc.edu by January 21, 2022.

It's time to learn proper dining etiquette - a dying skill. We will dine on soup or salad, 3 possible menu options (your choice of course, but it's all a giant secret so you can be as anxious and awkward as possible), and dessert. You'll have to work together as a team to decide on an appetizer. How do you ask for dietary needs without coming off offensive? I still haven't figured this one out. So we will learn!

leadership (cont) >>>

Learn Together, Lead Together, Annual Leader Training

Join Wisconsin 4-H in a yearlong experience - Learn Together, Lead Together: Youth-Adult Partnerships! Plan for interaction and engagement, and all youth and adult leaders are invited to participate.

Leave with ideas to use right now in growing youth adult-partnerships in your club and community. We hope all youth and adult leaders join us!

Attend one or both - sessions are designed to bring together youth and adult leaders, and provide easy to use strategies, activities and ideas during your 4-H experiences. Registration details for the final training are below:

JANUARY 31, 2022

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

Options:

- Participate virtually, registering using this link: <https://go.wisc.edu/vze9e3> When you register, you will receive the zoom connection information and access to handouts and materials.
- Participate in person: Extension Office Zoom Room! (County Administrative Center, 212 6th St N, Room 2208, La Crosse).
- RSVP to lacrossecounty4h@lacrossecounty.org or call 608-785-9593.

Attendance will be recorded. WI 4-H Club annual chartering requires one adult leader from each club or group MUST attend one of the Annual Leader Training sessions.

Have questions? Ask Emily! emily.crook@wisc.edu.



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. 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 or 608-263-5971.

4-H WORKSHOP SERIES



ARTS & CRAFTS

SATURDAY, DECEMBER 11, 10-NOON
CORNERSTONE CHRISTIAN ACADEMY
\$10 PER YOUTH/UP TO \$30 PER FAMILY
OPEN TO CLOVERBUD-13TH GRADE

JOIN US FOR YOUTH-LED WORKSHOPS ON CREATING A VARIETY OF ARTS AND CRAFTS PROJECTS!

YOUR YOUTH WILL HAVE THE OPPORTUNITY TO ENGAGE IN 5 DIFFERENT ARTS AND CRAFTS PROJECTS. THE PROJECTS WILL BE SPREAD BETWEEN TWO DIFFERENT ROOMS. YOUTH WILL SPEND 1 HOUR IN EACH ROOM AND THEN ROTATE. YOUTH CAN SPEND AS MUCH OR LITTLE TIME WITH EACH PROJECT. WE ASK THAT PARENTS STAY AND HELP YOUTH WITH THEIR PROJECTS.

PROJECT TOPICS:

- PAPER QUILLING
- LEATHER EARRINGS
- WATERCOLOR PAINTING
- PERLER BEADS
- WOODEN CHRISTMAS ORNAMENT PAINTING

WE WILL ALSO HAVE A SNACK/CANTEEN STATION.

SUBMIT THIS REGISTRATION SHEET AND PAYMENT BY DECEMBER 1

YOUTH NAME: ----- YOUTH GRADE & AGE: -----

YOUTH 4-H COUNTY: ----- ANY FOOD ALLERGIES?:-----

YOUTH ADDRESS: -----

PHONE NBR AND EMAIL ADDRESS: -----

DOES YOUR YOUTH NEED ANY SPECIAL ACCOMMODATIONS?

PLEASE SUBMIT REGISTRATION AND PAYMENT TO:
VERNON COUNTY 4-H
318 FAIRLANE DRIVE
VIROQUA, WI 54665

TO REGISTER ONLINE (NOT OFFICIAL TIL PAYMENT REC'D):
<https://forms.gle/3KJs43CQLNiKtV2LA>



Clover College

Come and join us for the day and learn something new! 4-H and community members (non 4-H members) can attend different class sessions to explore various project areas and complete hands-on, educational activities taught by volunteer leaders and teachers. This year's event will be held on Saturday, February 12, 2022, at Bangor Elementary (701 14th Ave S, Bangor, WI 54614).

Registration will open on Monday, January 3, 2022. Forms and information will be posted online at <https://lacrosse.extension.wisc.edu/4-h-youth-development/events-activities/clover-college/> as well as in January's Cloverline.

Classes this year will include topics on robotics, plants, woodworking, ceramics, cats, archery, electronics, aerospace, rabbits and more! We still need a few more instructors to make this event fantastic. If you have an idea for a class or know someone - please fill out this form by Dec. 15th: <https://forms.gle/p5qVBBYfBGzwLi2U8>.



4-H PLEDGE

I pledge my **HEAD** to clearer thinking,
my **HEART** to greater loyalty,
my **HANDS** to larger service,
and my **HEALTH** to better living,
for my club, my community,
my country, and my world.



SUPPORTING YOUTH MENTAL HEALTH

Volunteer training
Winter 2021

Through interactive online learning, practice situations, and discussions, participants will learn about:

- Volunteers' important role in supporting youth mental health
- The signs and symptoms of a mental health challenge
- Simple skills and strategies to build trusting relationships
- Roles, responsibilities, and resources for volunteers

Monday, December 6

7pm @ Upham Woods

Register at:

https://uwmadison.co1.qualtrics.com/jfe/form/SV_8Gk8SAguTkEquDY



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)

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.



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.

WORDS

Did you know 4-H educators strive to write at a 5th grade level so everyone can understand us? It's SO hard to do. Also, we're a government organization, housed in a land-grant institution - what does all that even mean? It means that at times, I have to translate really heady educational language (models, theories) and governmental language (policies, outcomes) into every day language, and sometimes I'm not good at it, but I'm always working on it!

In 4-H we have a lot of words we toss around that can mean different things for different events and that can get massively confusing. Let's clear it up a bit!

AT THE MEETING

Jot down what terms you might be confused about. There are probably stories attached to them that need a lot of explanation! Do not hesitate to ask someone for more background on those terms. Each club has their own history and traditions and as you start to belong you'll understand more and more. However, clubs love sharing their stories, but it might not occur to them when they are necessary.

Reach out to your club's secretary, president or adult leader to help you understand those terms and stories!

COUNTY COMMUNICATIONS

There will be terms in the Cloverline that you don't understand - please email me at emily.crook@wisc.edu those terms! I want to know so I can give more clarity. Also - the email this month will focus on general 4-H terms to help you flex that vocabulary.

We want everyone to be on the same page as much as possible here. So do let us know if you need assistance!

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/>.

bits n' pieces >>>

New Eco-Wilderness Group

A new site for the Eco-Wilderness Group is up and running here: <https://lacrosse.extension.wisc.edu/4-h-youth-development/4-h-projects/eco-wilderness/> and is linked on the Project Page. On this page you'll find what the group is working on but ALSO some fun activities for any 4-H family. Be sure to check it out to keep your family outdoors and active this winter!



december calendar >>>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Parent / Volunteer Holiday Party	3 Wild Fridays: Nature & Art Play	4
5	6 Supporting Youth Mental Health	7	8	9 Moments In Time Reception	10	11 Goat Project Meeting 4-H Art Workshops
12	13 YQCA	14	15	16	17 Wild Fridays: Nature & Art Play	18 Rabbit Project Meeting
19	20	21	22	23	24 Extension Office Closed	25
26	27 Extension Office Closed	28	29	30	31	

save the date >>>

Area 13 4-H Hosts: Fur, Fin, and Feather!

When: Saturday, April 30th, 2022

Where: La Crosse County Interstate Fair Grounds

For last year's information, visit: <https://monroe.extension.wisc.edu/fur-fin-feather-fun-show/>.

More information coming soon. We will need a group to host the lunch! It's a great fundraising opportunity! Interested? Reach out to Emily!

COOPERATIVE EXTENSION SERVICE

United States Department of Agriculture
University of Wisconsin—Extension
La Crosse County Offices
212 6th St. N Suite 2200
La Crosse, WI 54601

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4-H Contact Information:

LaCrosseCounty4H@lacrossecounty.org

608.785.9593

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.