

Cloverline

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

March 2022

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The Internal Dialogue

How often do you beat yourself up? And why do we all do this - is this the midwest way?

First of all - we're born to make mistakes. Constantly. I tend to not like people until I know they've suffered or failed in some way. It's like a sorry rite of passage. Do you sneeze rainbows? No thanks - you're more likeable if you're relatable and I cannot sneeze a rainbow for the life of me (nor can most of the people I know).

If you don't ask for help, you don't give people the grand opportunity to feel good for giving you help. You are actively depriving someone of something good AND making your life harder. For what purpose? To prove that you have resilience? Trust me, life will give you other lessons for that. Just ask for help. Most people around here want to be needed in that way anyway.

And stop telling yourself you're the worst. You would never tell that to a friend. What would your friend say to you after you made that mistake? Maybe make your internal language more... friendly.

Parents - It's time to exercise our self-compassion - because if we don't, our kids will grow up shaming themselves, too, and studies show (https://greatergood.berkeley.edu/article/item/self_compassion_for_parents) - those with self-compassion end up parenting more mindfully with more patience and less stress. Imagine that.

You're good enough.

Emily A Crook

Emily Crook
Positive Youth Development Educator
La Crosse County Extension

animal sciences>>>



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 2022 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. A special note: this is only for youth who plan to participate in the auction. It's not required of any goat exhibits.

- Online training: Costs \$12 and is available right at this very moment.
- In person training: Costs \$3 next date is: **Monday, March 7th, 2022, 6:30 p.m. at the County Admin Center** (212 6th St N, La Crosse)
- Both training versions require pre-payment online (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.

Rabbit Project

Date: Saturday, March 19th, 2022
Time: 10:00am-12:00pm
Location: Hamilton Town Hall (5105 N Leonard St, West Salem, WI)



La Crosse Youth Livestock Committee Meetings

Date: 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 lacroseyouthlivestock@gmail.com.

Goat Project

Date: Sunday, March 27th, 2022
Time: 3:00 pm
Location: 515 Quincey St. Onalaska



Cats and Small Pets

If you plan on exhibiting in the Cats or Small Pets Departments for fair, you'll want to stay connected with your superintendent Kimberly Young. She is constantly sharing information in the facebook page: <https://www.facebook.com/groups/catsmallpets> Be sure to join and stay connected!



animal sciences >>>

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

Rabbits, Poultry, Cats, and Small Pets!

When: Saturday, April 30th, 2022

Where: Barney Center, 1000 E. Montgomery, Sparta, WI

For the Show Bill - see here: <https://vernon.extension.wisc.edu/files/2022/02/Fur-Fin-Feather-Show-Bill-1.pdf>.



Dog Project Meeting

Date: Monday, March 21st, 2022

Time: 6:00 pm

Location: Barre Town Hall
W3541 County Rd M, La Crosse WI

We will be discussing club business and making posters!



2022 Dog Training Classes

Save the date! If you are thinking of participating in the Dog Project's annual Showmanship, Obedience or Critter Hunt classes this spring, you must attend the mandatory orientation on **Tuesday, April 19, 2022 from 6:00 - 8:00 p.m.** Location TBD.

This meeting will prepare families with necessary information for the dog training classes as well as what is needed for showing at the Fair. All project members are expected to attend. Please leave your dogs at home for this meeting.

WI 4-H AREA ANIMAL SCIENCE DAYS

Save the Date

SHEBOYGAN - JUNE 15TH

CHIPPEWA - JUNE 17TH

**REGISTRATION INFORMATION
COMING SOON!**



Extension
UNIVERSITY OF WISCONSIN-MADISON



Area Animal Science Days

Dates and Locations: We will have two host sites this year: Sheboygan County will host on June 15th and Chippewa County will host on June 17th.

Each site will host livestock and dairy judging along with other animal species offerings. More will be coming soon about additional offerings at each site along with registration information.

COMMUNITY OPPORTUNITIES

Arbor Day Free Tree Seedlings for Fourth Graders

In Wisconsin, the Wisconsin DNR helps celebrate Arbor Day with an environmental education program designed to teach students the importance of trees within our environment. Annually, we provide thousands of free tree seedlings to Wisconsin fourth-grade students for this celebration.

Orders are accepted until March 15th, but those who attend schools whether virtually or in-person, should reach out to their teachers prior to making an order. Visit <https://dnr.wisconsin.gov/topic/treeplanting/arborform> for more information!



bits n' pieces >>>

COVID-19 Update

COVID-19 continues to affect Wisconsin. As life works its way back to resuming some normalcy, the standards for events may change rapidly. Please remember to check the state policy regularly: <https://tinyurl.com/WI4HCOVID19> and feel free to ask the office if masks are necessary for an event. We will try to keep all participants aware of any modifications.



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.



shooting sports >>>

Arrows in the Square/Holmen Archery Program

When: Sundays,
April 10 & 24
May 1, 15, & 22
June 5

Time: 9:00 a.m., 10:00 a.m., 11:00 a.m.

Where: Arrows in the Square (N7681 Casberg
Coulee Rd., Holmen, WI 54636)- OUTDOORS

Who: Youth in Grades 3+

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

Deadline for Registration: March 17, 2022.

Registration Paperwork here: <https://tinyurl.com/4HArrows>.

These sessions will be outdoors! Youth will learn safety and shooting basics with support from trained program leaders. The experienced archer will also have the opportunity to refine their skills, too. Participants will practice in a fun, engaging way with the opportunity to compete in some friendly competitions. In addition, participation in this program will help youth fulfill the safety session requirements needed to compete in the La Crosse Interstate Fair Archery Tournament. Youth do not need to bring their own equipment for the Holmen Archery Program. All needed equipment is available for use.



2022 Archery Invitational Cancelled

Due to low participation from neighboring communities the La Crosse County Archery Invitational is cancelled for 2022. For more opportunities, please check out the Arrows in the Square program coming up or visit the WI 4-H Shooting Sports site for all kinds of opportunities: <https://4h.extension.wisc.edu/opportunities/projects/shooting-sports/>

leadership >>>

Leaders Board Meeting

Date: Thursday, March 10th, 2022

Time: 6:45 p.m. (Open Forum) 7:00 p.m. (meeting)

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

We'll go over scholarship updates, event updates, and start summer planning!

la crosse interstate fair>>>

What is it?

FAIR 2022: July 20-24th

Don't forget to double check that the projects you enrolled in under 4HOnline are going to correspond with the departments you hope to exhibit in at the fair. This can be confusing to people, so please don't hesitate to reach out: lacrossecounty4h@lacrossecounty.org. You may not be able to change your projects in 4HOnline, but I can! Just send us an email with the list and who it belongs to and we will get it updated. All projects and enrollments need to be finalized by April 1, 2022.



FAIR CLERKS NEEDED

What do fair clerks do you ask? They help the judge of each department keep thoughts and exhibits organized. They write down who receives what ribbons, merit awards, and general feedback if necessary. It's a great way for kids to learn more about the fair process, and get some volunteer experience. If youth or adults are considering other positions at the fair like being a superintendent or a judge - this is a great way to start! If interested, email Carlie Scriver at carlie.scriver@yahoo.com.



2021-2022 ENROLLMENT DEADLINE

If you want to exhibit at the La Crosse Interstate Fair:

ENROLL BY APRIL 1ST IN 4HONLINE.

PROJECT SELECTION DEADLINE: APRIL 1ST.

Have problems enrolling? Need to add some projects but can't? Just reach out to us at lacrossecounty4h@lacrossecounty.org. We will help with any issues. April 1st is a Friday. Please be kind and get this done well in advance so that if issues arise there is time to take care of them. Visit our site: lacrossecounty4h.org and get that done NOW!



Outdoor Opportunities

Open to all 4-H families and Clubs! With so many outdoor activities and opportunities that come and go quickly, the Eco-Wilderness group has created an ongoing document of opportunities for everyone to participate in! Visit here to see what your family or your club can do to get outside and get involved: <https://tinyurl.com/EcoOpps4h>. Be sure to bookmark this because it promises to be hopping!

Upcoming opportunities include: Wildlife & Forestry Contest; Nature hike at Coulee Experimental Forest; Fossil Walk; Earth Fair at Myrick Park; Wildflower and Bird Walk at FSPA!



Brain ReFrame

Starting March 14, 2022, 5th-8th graders across the state will learn how their brains work and how to get it functioning at its best. You want to get in on that.

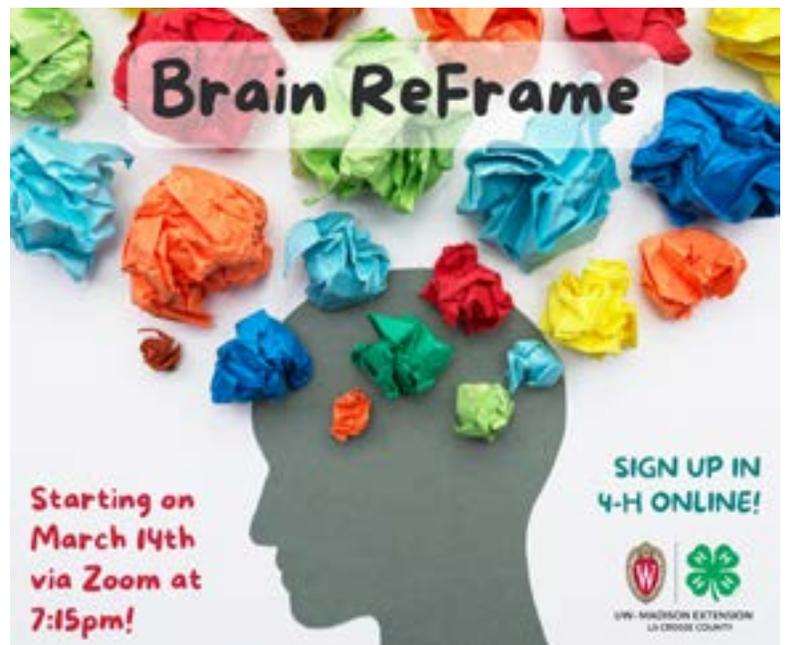
This series will meet weekly for 10 sessions on Mondays from 7:15-8:00pm to help reframe our brains and learn social-emotional skills.

Based on the MindUP curriculum, educators across the state are ready to help youth explore the biological framework of their brains, how external forces can shape their minds, but most importantly how kids can shape their own minds themselves.

This is a great series for those interested in shaping their own destinies, those struggling with understanding themselves, or those worried about the next thing.

To sign up - 4H members can log into 4HOnline and sign up in your events list. For other community members, follow the instructions here: <https://4h.extension.wisc.edu/4h-resources/how-to-register-for-an-event/> to help you register.

Registration is open until it fills at 40 participants - so sign up today!



state programs >>>

Wildlife & Woods Series

Wildlife and Woods is Wisconsin 4-H's statewide natural sciences, wildlife, and forestry virtual event! Outdoor enthusiasts get to connect with other 4-H youth grades 3-13 from around the state. Together, we explore the natural world with a special focus on wildlife, wildlife habitats, and forests. Participants learn about wild places across the United States following the 4-H Wildlife Habitat Education Program (WHEP) and the 4-H Forestry Program. Each month focuses on a different habitat, some of its plants and critters. Materials are designed for all ages and knowledge levels, so everyone can benefit. Sessions will run from 7-8pm on the third Wednesdays of the month through April. Register today through 4HOnline!



Wildlife & Woods
SERIES

JAN 19 – WONDERFUL WETLANDS
FEB 16 – HOT DESERT
MAR 16 – CITY WILDLIFE
APR 20 – GREAT LAKES

VIA ZOOM
REGISTER IN
4HONLINE

Virtual LEARNING COMMUNITY

W Extension UNIVERSITY OF WISCONSIN-WISCONSIN

The poster features a stylized illustration of a forest scene with a large tree, a deer, and two rabbits. The text is arranged in a clean, modern layout with a mix of bold and regular fonts.

arts & communication>>>

Expressive Arts Festival

Date: Saturday, March 12th
Time: 9:00 a.m. to 1:00 p.m.
(dependent on number of participants).
Location: Christ-St. Johns Lutheran School,
500 Park St, West Salem, WI
Grades: K+

Expressive Arts is an opportunity to learn how to incorporate your artistic expression in your performances and exhibits as well as a way to try something new! Come view and cheer on the participants!



youth leadership >>>

Ambassador/Youth Leader Workshop

Date: Sunday, March 27th, 2022
Time: 4:00pm - 7:00pm
Location: La Crosse County Admin Center

Plan for a workshop of Lean Process Improvement Thinking - an opportunity of professional development for youth leaders to help with choice! Please note the time is much longer than our regular meeting so we are starting earlier. This is provided by volunteer Sandra Elsen and a colleague of hers. This is part one of a 2-part series, and we can decide when to do the next session. Pizza will be provided!

Summer Camp - Camp Counselor Request

Save the Date - We are tentatively planning for Area 13 Summer Camp to be August 14-16, 2022 at Upham Woods (Wisconsin Dells) this summer! What this means is we are gearing up on getting our Camp Counselors ready. If you are in grades 9-13 and want to create some amazing memories for you and kids in grades 3-8, then apply to be a camp counselor! You will join other counselors from Monroe, Vernon, Richland and Crawford Counties. This is a great leadership opportunity.

- Applications are found here: <https://forms.gle/SscCzEBYNJ3Gu24D9>
- Applications due: May 1, 2022.
- Camp Counselor Training (MUST ATTEND): JUNE 14, 2022

Any questions? Reach out to Emily at emily.crook@wisc.edu or 608-785-9593.

Youth Conference 2022 Cancelled

Word was sent via emails to families regarding the cancellation of the Youth Leadership Conference for 2022. This was a letter from our Institute Director Matt Calvert. Trust that we are sad about this, but extremely hopeful that it will return in 2023 stronger than ever. If you missed the letter, please read it here for more information: <https://4h.extension.wisc.edu/2022/02/09/youth-conference-cancelled-for-2022/>

odds and ends >>>

4-H Wants You to Be You! T-shirt Contest!

Have you heard about Chris Clover and the Wisconsin 4-H Movement? Hopefully, you have and are ready to join in on Chris Clover's next adventure. This time it's all about YOU. We hope you'll help us learn something new through the "We Want You To Be You Shirt Design Challenge." We're excited to learn about what is important to YOU in this new challenge. We hope you'll help us by designing a shirt for Chris Clover so we can share with everyone else! Here's more information: <https://4h.extension.wisc.edu/2022/02/09/4-h-wants-you-to-be-you/>.



4-H is for YOU!



Chris Clover Shirt Design Contest

We want to share what's important to you with others!

- 1 Design a shirt that represents a cause, history, a project, anything important to you.
- 2 Write about your shirt and where to learn more.
- 3 Submit at cc.wi4h.org or <http://bit.ly/wi4hmovementpic>

Designs will be used to promote 4-H and may be modified/redesigned.

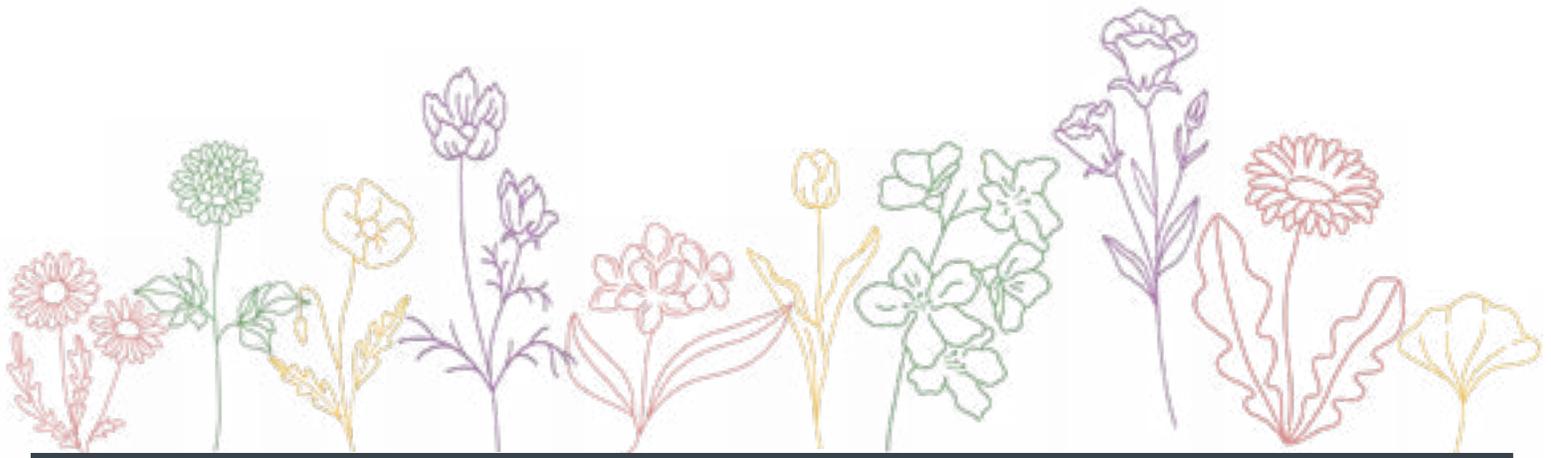
Can you see yourself here?



#opportunity4all

#WI4Hmovement

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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.

CAMP

Summer Camp has been a staple for many youth growing up and in 4-H we recognize the importance of this experience for the development of children. It gives a sense of autonomy and a taste of independence, in a very trusted, safe, and fun environment!

Wisconsin 4-H usually utilizes the facility at Upham Woods near Wisconsin Dells for summer camps, however, other counties might be different! Clubs might go camping together or do other overnight activities as well. So there are many opportunities for this crucial youth development.

In La Crosse County, we provide camp opportunities with other counties in Area 13. We do day camps and overnight camps that stay in cabins, and outpost camps that do more survival activities for older youth in tents.

MEETINGS

Ask around to see who has done a county camping experience. What did they like about the experience? How would they do things differently? Do they have any suggestions for how to prepare?

Do YOU like camping? Sometimes clubs don't do things because no one steps up to lead the experience. If this is something you are good at, see if anyone wants to help in planning an experience for your club - or even better offer your skills to Emily at the county office to make our county camp trip spectacular!

COUNTY

COMMUNICATIONS

You will start to see notices in the Cloverline about the request for Camp Counselors. These are youth in grades 7+ that will help provide additional support for camp staff, and the youth participating. Enrollment for the camp itself will start popping up soon!

For the link to the newsletter on camp, visit here: <https://tinyurl.com/newfamcamp>
For all the newsletters for New Families - please visit here: <https://tinyurl.com/newfamnews> - I haven't been sending out emails in a timely manner. Many apologies.

For more information on 4-H volunteering - visit <https://4h.extension.wisc.edu/resources/volunteer-resources/> to learn more!

save the date >>>

Saturday May 21, 2022: Foods Workshop

Come see how to exhibit food at the fair and learn more about Foods Revue!

Monday, June 27, 2022: Foods Revue

A Pre-Fair event: Set up a table and show us what you'd serve!

Wednesday, July 13, 2022: Clothing Revue

A Pre-Fair event: Show off your articles of clothing in a fashion show! (Not a sewer or knitter? No problem - come and watch!)

More information for all of these events coming!

march calendar >>>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Youth Livestock Meeting	3	4 Wild Fridays: Art & Nature	5
6	7 YQCA Training	8	9	10 Leaders Board Meeting	11	12 Expressive Arts Festival
13	14 Brain ReFrame	15 Dog Project Meeting	16 Wildlife & Woods Series	17	18 Wild Fridays: Art & Nature	19
20	21 Brain ReFrame Dog Project Meeting	22	23	24 Horse Project Meeting	25	26
27 Youth Ambassador Meeting Goat Project Meeting	28 Brain ReFrame	29	30	31		

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.