



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**.

July 2023

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being kind to ourselves

First, apologies as this issue has gone out rather later than I hoped. I have a litany of excuses but the short summary of things is – I'm managing a lot of priorities. This one is right in the middle there and many dire things kept popping up this month.

My internal critic would have a hay day with this typically, however, I'm choosing to praise myself instead for: getting this done somewhat in time, steadying a crisis within 2 hours, picking myself off the floor from desolating unresolvable issue and finding motivation to push through to fix it, asking for help instead of sacrificing some other thing that I'd beat myself up over, and recognizing my limits and embracing them. Choosing the good things over the bad is helping me get it together, faster.

There's a line our inner critic loves a lot: I'm such a bad person because I shouted (or replace with your verb), but if I flip that around, I can understand myself so much better. I shouted because... I'm exhausted, overstimulated, ignored, etc.. It doesn't dismiss the thing I do, but at least I can meet myself where I'm at now instead of kicking myself further into a hole. I hope you can find the space to be kind to yourself, too. It's helped my coping skills a lot.

It's fair time, and despite my ups and downs lately, I'm ready to play. Let's do this!

Emily Crook
Positive Youth Development Educator
La Crosse County Extension

animal sciences>>>

Rabbit Project Meeting

Date: Tuesday, July 11th, 2023

Time: During Fair Clean Up

Location: Small Animal Barn

shooting sports >>>

WE NEED PARENT HELP!

Would anyone be interested in assisting with Archery and Pellet Gun programs? Mostly we need adults to help watch the shooting line – meaning you're there, and present, and making sure kids point things in the right direction. If this is something you can provide – please reach out to Steve Elsen at z24crash@gmail.com.

SWAG!

Also remember that you have the ability to purchase La Crosse County 4-H Shooting Sports merchandise. This link is where you go: <http://www.bbgraphics.net/4hss.html> Share it with family and friends – it makes great graduation and birthday gifts!

ASL DAY CAMP



August 13, 9:30 am - 4 pm

Who: Youth in grades 3-12

Location: Upham Woods Outdoor Learning Center,
N194 County Rd N, Wisconsin Dells, WI 53965

Cost: \$10. Scholarships are available!

More information: <https://go.wisc.edu/2xam52>

Woodland Wonders

Day Camp

Fun and
creative
outdoor
activities for
kids grades 3-5



**WEDNESDAY
AUGUST 2
CHAD ERICKSON MEMORIAL PARK
10A.M.-1P.M.**

ACTIVITIES

- RELAYS
- GAMES
- NATURE HIKE
- NATURE BOOK MAKING
- LOG ROLLING*

REGISTRATION

ONLINE
SPACE IS
LIMITED



*Life jackets will be provided and
life guards will be on site

<https://tinyurl.com/Lax4HDayCamp>

2023 Event Dates

- 07-19 - 07-23-2023: La Crosse Interstate Fair
- 07-28-2023: 4-H Loggers Day
- 08-02-2023: Day Camp!
- 9-13 to 10-15-2023: Pumphouse Exhibit
- 9-19-2023: Pumphouse Opening Party
- 10-7-2023: Officer and Leader Retreat
- 10-14-2023: 4-H Craft Fair
- 10-26-2023: Achievement Celebration



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youth leadership >>>

Ambassador Meeting

- **Date:** Sunday July 30th, 2023
- **Time:** 6:00pm-7:00pm
- **Location:** La Crosse County Admin Center (212 6th St N, entrance on 7th street side)

This is it. THE meeting before our day camp on Aug 2nd. This day we nail it all down. Section leaders, please get me your list of necessary supplies by July 14th.

Membership Evaluation (ME) Forms Due

Anyone in grades 3 and older looking to receive Leaders' Association travel and event scholarships for the 2023-2024 program year should have a completed Membership Evaluation (ME) form. This form has all the potential trips listed for selections rendering multiple scholarship applications unnecessary. Some are state opportunities, some are beyond. Some applications start right away in September – if you are interested in a trip, research the typical application deadlines now!

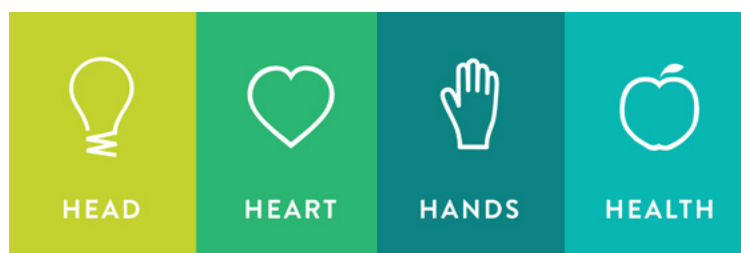
ME forms are due to the Extension office via email, mail or fax by Midnight on October 1st. To get your form, visit here: <https://tinyurl.com/4HMEform>

Ambassador Applications Due

Youth in grades 7th – 13th are eligible to be Ambassadors – La Crosse County's premiere youth leadership experience. These 4-H members elect what service projects they complete, conduct public speaking and promotional pieces whenever necessary, and provide mentorship and leadership as necessary for county-wide events. Ambassadors usually win awards and scholarships for anything they have an interest in.

If this is you – get your application in to the Extension Office via email, mail or fax by Midnight on Oct 1st. Current Ambassadors need not apply again, you are in!

To Apply – visit here: <https://tinyurl.com/4HAmbassadorApp>



volunteer section >>>

Leaders Board Meeting

Date: Thursday, August 10th, 2023

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

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

We will review upcoming role vacancies and review our By-Laws. All 4-H members ages 14 and older are welcome to attend these meetings and vote on anything!

Annual Financial Reports

For all chartered clubs and groups with any treasury, it's time to do the annual financial report. Our fiscal year runs July 1 – June 30th. Before June 30th, all those who submitted AFRs for their club/group will receive a new form, and last year's submitted copy so you can hit the ground running on June 30th. This information will also be in club/group shared drive.

Please reach out to Emily Crook: emily.crook@wisc.edu or 608-785-9761 for questions or concerns. **AFR Due date is SEPT 1, 2023. Failure to submit the AFR by this date could lead to a termination of the club or group.** For reference of what needs to be included please visit: <https://4h.extension.wisc.edu/4h-resources/annual-financial-report/>

la crosse interstate fair section: July 19th - 23rd, 2023



Fair Clerks Needed The sign up is now open for Clerks and Helpers for the 2023 Interstate Fair. We welcome anyone who wants to help, especially parents and exhibitors. We ask that anyone who is under the age of 12 to work with or be supervised by a parent. Age 13 and older can work unassisted.

This is a great community service and leadership opportunity. Youth who clerk learn firsthand the preferences judges have on exhibits. To sign up visit this link: <https://tinyurl.com/4HCLERKS2023>. Please reach out to Carlie Scriver with any questions at. As always, thank you for supporting Wisconsin fairs and our youth!

Important Fair-Related Dates

JUNE

- June 1: All Fair Exhibit Entry Registration Open
- June 16: Paper Entry Deadline
- June 17-June 30: Paper Entry with \$10 late fee
- June 30: All Entry Registration Closed
- July 11: Fair Clean-Night (tentative)

JULY-AUGUST

- Entry tags will be available at the Farm Progress Building Office:
 - Tuesday, 7/11 from 5-7 PM
 - Tuesday, 7/18 from 6-8 PM
 - Wednesday, 7/19 from 8 AM to noon
- Or by Appointment (Contact Marla at lacrosseinterstatefair@yahoo.com)
- July 18: Evening drop off for exhibits at Fair Grounds
- July 19-23: La Crosse Interstate Fair – Have Fun!
- July 24: Livestock Barn Clean Up
- July 26: Carcass Evaluation and Education (Tentative)
- August 25: Premium Checks Available: Noon

4-H Blood Drive We are hosting again – this time in a new location.

- **When:** July 21, 2023
- **Time:** 9am-2pm
- **Location:** Pischke Motors, Hwy 16, West Salem.

Food Stand Update: It's time to grab any open shift in the food stand! If you are unable to work during your club shift, then sign up for any other openings available. Reminder that working at the food stand will help any future scholarship applications for 4-H trips, etc. The food stand is our primary fundraiser that keeps our program running smoothly. You AND adults are needed – make it a family event! Visit here to sign up in your club slot: <https://tinyurl.com/LaX4HFoodstand>

State Fair Art Submission Instructions:

WI State Fair is again sponsoring rosette ribbons for a judges favorite, one per judge for various departments.

Each judge will receive one Judge's Favorite Award ribbon, per day judged, to award. There are letters for the judges and exhibitor paperwork that needs to be completed and turned in by Monday, July 24, 2023. With items that are selected needing to be AT the state fair grounds no later than Tuesday, July 25th at 3pm. Projects are released from the state fair Wednesday, August 16 from 10 am to 2 pm.

If your exhibit receives a Judges Choice rosette ribbon – you will need to complete a fair amount of paperwork on Sunday July 23 at the fairgrounds. Prepare to fill out a W-9 form for potential premiums, this may mean numbers you won't know off the top of your head.

Local drop off for state fair items is ONLY Sunday, July 23 6-7 pm at the New Youth Building on the fair grounds. Drop off your item at your own risk, and it will be eligible for pick up Sept 1, 2023 from our office. You are welcome to mail or drop off/pick up your exhibit yourself as well.

Pumphouse Exhibit Submission Instructions There will be certain exhibits selected by the judges in various departments at the county fair that are recommended to be shown at the annual 4-H Exhibit at the Pump House Regional Art Center in downtown La Crosse. Each selected exhibit will have a tag that reads the following:

Congratulations! Your exhibit has been selected for the 4-H display at the Pump House Regional Arts Center from **September 13 - October 14, 2023**. An artist's reception will be held at the Center on September 19, 2023 from 5:00-7:00 p.m. We hope to see you there!

To be a part of this exhibit, please fill out the purple information slip to the right, tear it off and attach it to the back of your piece. Then, bring your item to the UW-Extension office by **4:30 p.m. on Thursday, September 7th**. No exhibits will be accepted after this date. You, your friends and your family are encouraged to come view your piece and the rest of the display anytime the Pump House (119 King St, La Crosse) is open!

****After the fair is closed on Sunday, July 23, 2023, from 6pm-7pm, I will have a place for you to drop off your selected pump house exhibit in the New Youth Building at the fair grounds. Please ensure your fair tag and purple selection ticket are firmly attached****

Congratulations to our Clothing Revue Participants!

The following 4-H participants received awards at the Clothing Revue on June 25th, 2023:

Vera Piggush, Smith Valley - Outstanding Cloverbud for her skirt

Georgia Maricle, 4-H Solo – Blue for her skirt

Rosie Elsen, Smith Valley – Blue for her romper, Blue and Best of Show for her jacket

Anna Piggush, Smith Valley – Blue for her romper

Adela Piggush, Smith Valley - Blue and Best of Show for her pants

Your creations were amazing, keep building those skills!

Congratulations to our Clothing Revue Participants!

The following members received awards at the Foods Revue on June 26, 2023:

Cloverbuds:

Mariel Foley, Mormon Coulee, People's Choice: Best Overall

David Harris, Barre Badgers, Cloverbud

Allison Katona, Bangor Township, People's Choice: Most Creative

Vera Piggush, Smith Valley, People's Choice: Most Nutritious

Summer Rozman, Home Runners, Outstanding Cloverbud

Micah Rozman, Home Runners, Outstanding Cloverbud

Cake Decorating:

Cecelia Maricle, 4-H Solo, Blue, Merit, Best in Show: People's Choice: Best Overall

Anna Piggush, Smith Valley, Blue, Merit: People's Choice Most Creative

Exploring and Foods Project Members:

Caleb Clark, Bangor Township, Red

Lynley Dunn, Mormon Coulee, Red, People's Choice: Most Nutritious

Juliana Dunn, Mormon Coulee, Blue, Merit, Best in Show. People's Choice: Best Overall

Karina Dunn, Mormon Coulee, Blue, Merit

Rosie Elsen, Smith Valley, Blue, Merit, Best in Show

Nolan Foley, Mormon Coulee, Blue

Gwen Harris, Barre Badgers, Red, Merit

Brady Katona, Bangor Township, Blue, Merit

Ava Katona, Bangor Township, Red

Georgia Maricle, 4-H Solo, Blue, Merit, People's Choice: Most Creative

Summer Maricle, 4-H Solo, Blue, Merit

BLOOD DRIVE

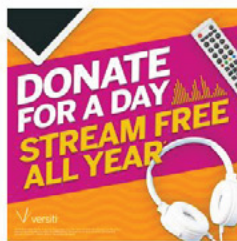
Neighbors Need Neighbors

Donate
Blood

Friday
July

21

9:00 AM – 2:00 PM



877-232-4376
versiti.org/wi

LA CROSSE COUNTY 4-H BLOOD DRIVE

Pischke Motors of West Salem
1460 W Cty, WI-16, West Salem

Schedule an appointment to be a priority donor.

Call: 877-232-4376, Online: versiti.org/wi

Scan Code:



Donate for a chance to win a \$1000 e-gift card to stream your favorite movies or download the latest games all year long! * See Official Rules and online entry form at versiti.org/stream

*NO PURCH. NEC. MI, OH, IL, IN, and WI residents only; 18+. Ends 7/31/23. One drawing; two (2) winners. Enter by blood donation or online. See Official Rules and online entry form at versiti.org/stream. Sponsor: Versiti, Inc., 638 N. 18th St., Milwaukee, WI 53233



FORMS SECTION

For the 2022-2023 we have decided to make things as mobile friendly as possible. People don't have printers anymore, it's just inconvenient. There will ALWAYS be paper options, and if you'd like paper copies, please just let us know and we will provide them for you. However, we're going to look at making all forms online, and having them permanently in the Cloverline, so if you need a form, you have it. They will be on our website as well. As forms come to be, we'll start posting them in this section and will focus on events and club forms first.

annual awards:

<https://forms.gle/jighHPYHGyzbqFYe9>

odds and ends>>>

annual awards deadline

We love to recognize our hard working 4-H members at the Achievement Celebration, and our Volunteers at the Annual Holiday Party – did you know you can nominate your favorite 4-H member or volunteer for many County 4-H awards? **Nominations and Applications for the 2023 Achievement Celebration are due Sept 1, 2023.**

For a complete list and link to the award application and nomination form, please visit: <https://tinyurl.com/Lax4Hawards>.

record books deadline

A 4-H Record Book is all about reflecting on your projects ... bringing more meaning to what you learned, how you learned it, and how you can grow from it! Record books are the final step of your 4-H year; your record book tells your story of your project(s) from beginning to end. It tells what you had hoped to accomplish when you signed up to take the project, as well as the journey of learning along the way. In the end, it gives a recap of what happened – did it go well, did it not go so well, what would you do differently, etc. It is your chance to make sure you have reached the goals you set for yourself when you began your project(s), as well as an opportunity for reflection. 4-H Record Books are a big part of achieving in 4-H!

Why complete a record book?

In La Crosse County 4-H, completing a Record Book allows you to compete for multiple county project awards. These awards are given at the annual Achievement Celebration. Record Book awards are given based on what you have learned in your project, not how you did in any competition (fair, foods revue, etc).

Record Books are due in the Extension Office by 4:30 p.m. on Thursday, Sept 7, 2023. For record book templates, forms and rubrics, please visit: <https://tinyurl.com/Lax4HRecordbook>

july 2023

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11 Fair Clean Up Rabbit Project Meeting	12	13	14	15
16	17	18	19 La Crosse Interstate Fair	20 La Crosse Interstate Fair	21 La Crosse Interstate Fair 4-H Blood Drive	22 La Crosse Interstate Fair
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COOPERATIVE EXTENSION SERVICE

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University of Wisconsin—Extension
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La Crosse, WI 54601

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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.