

NATIONAL

4-H WEEK

October 1st - 7th 2023

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

october 2023

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Cloverline

ground those feet

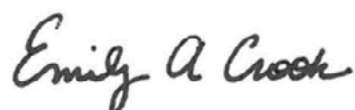
I firmly believe that some of us are just wired to worry more than others. It can feel exasperating when your child comes to you with such deep worry or anxiety and you're at a loss because you tried SO hard to ensure they DIDN'T need to feel scared or hopeless, and yet, here they are. For me, it can feel like failure on my part, but it most definitely is not. It's a natural emotion that a lot of go-getters have simply because they try so hard to do the next best thing.

So what do we do when our kids are worried? As usual, my favorite resource, PBS Kids, has a great article on it: <https://www.pbs.org/parents/thrive/4-things-to-do-when-your-child-is-worried>. Chiefly, you should name the feeling, explain and explore the feeling, find the source, and manage the worry. Managing the worry is always my hardest part. I can barely do it myself.

It's always a good reminder for me though, when my child is worrisome; it means she's stuck far too much in the future. We need more fun, more play, more exercise and more breathing. We need some grounding in the present. Which always has a way of reminding us somehow, that the future will be okay.

Just breathe,

Emily



Emily Crook
Positive Youth Development Educator
La Crosse County Extension



UW-MADISON EXTENSION
LA CROSSE COUNTY

2024 SUMMER CAMP!

- **Dates:** July 31st - August 2nd
- **Location:** Upham Woods, Wisconsin Dells

LET'S FORM A CAMP TEAM!

I need parents, 4-H volunteers, and youth 9th grade and up who love camp to work with me on getting our camp training and program ready. Being part of this team doesn't mean I'll beg you to Chaperone or be a Counselor. But I want your input and possibly your help in finding and training them. This could also develop into our own county's outpost adventure if enough are interested.

If you are interested, I want to get things started now for this experience. Please email me ASAP at emily.crook@wisc.edu.

youth leadership >>>

Ambassador Meeting

- **Date:** Sunday October 22nd, 2023
- **Time:** 6:00pm-7:00pm
- **Location:** La Crosse County Admin Center (212 6th St N, entrance on 7th street side)

We'll take care of any county-wide 4-H business, then dive into our next personality assessment!

2024 American Spirit Experience

About 4-H American Spirit – June 14-23, June 21-30, and July 5-14, 2024.

The 4-H American Spirit Experience is an opportunity for **youth in grades 8-10** to experience history & heritage by immersing in a 10-day bus journey to the East Coast and Canada. Staff and volunteers plan and facilitate the experience, with youth participants leading content throughout the experience. Participants increase their knowledge of American history while experiencing where it occurred and have unique opportunities for dynamic exposure to diverse cultural experiences and perspectives of the foundation of our nation, all while developing positive relationships with adults and their peers from around the state. **Estimated Cost of Experience = \$1,900.**

Application is open in 4HOnline starting October 1st! These spots fill up fast. Reminder that the La Crosse County 4-H Leaders Board offers scholarship for youth. Have questions? Please reach out to Emily: emily.crook@wisc.edu.

How To People Workshop

- **Date:** Saturday, Nov 18th, 2023
- **Time:** 1:00pm-3:00pm
- **Location:** La Crosse County Admin Center (212 6th St N, entrance on 7th street side)

Gain confidence to speak your mind, learn the tools for a healthy argument, and start understanding how to solve personal conflict, from your 4-H Ambassadors, Extension Educators and Wisconsin Representative Steve Doyle.

Register here: <https://forms.gle/mfa46ctGyNwFNSfQ7>

HOW TO PEOPLE WORKSHOP

Gain confidence to speak your mind, learn the tools for a healthy argument, and start understanding how to solve personal conflict, from your 4-H Ambassadors, Extension Educators and Wisconsin Representative Steve Doyle.

Saturday,
November
18

Time:
1-3PM

County
Admin
Building
212 6th St La
Crosse WI

Grades:
6+

Cost:
FREE

REMINDER!

achievement celebration

- **Date:** Thursday, October 26, 2023
- **Time:** 5:00 pm 4-H 101, 6:00 pm meal, 7:00 pm event
- **Location:** Lunda Center, Western Technical College (333 7th St N, La Crosse)
- **RSVP by October 16, 2023** (email lacrosecounty4h@lacrosecounty.org or call 608-785-9593 with name and how many)

The Achievement Celebration is our annual highlight of all the accomplishments our 4-H families have completed throughout the year. The trips youth have been on our county-wide events, and youth awards are also awarded that night.

NEW this year is the opportunity for new families or anyone really, to attend a 4-H 101 class hosted by our Ambassadors (youth leaders). If you plan to attend the 4-H 101 class, please register here: <https://forms.gle/gSZR79DH5tdZPwQQA>. If you plan to attend the class, please arrive at 5pm. Don't need the class? Come anytime before 7 to get a light boxed dinner, and see the show at 7:00 pm!

state 4-H opportunities>>>

cedar crest ice cream flavor naming contest

It's back! The contest runs September 1 through November 15, 2023 and is open to all Wisconsin 4-H clubs. Visit www.cedarcresticecream.com (the link will not be "live" until contest opens) for details and entry forms, and find links on our website (www.Wis4HFoundation.org).

wisconsin 4-H foundation celebrate the arts art contest

We're celebrating our Wisconsin 4-H artists for the 6th year. This contest opens November 1, 2023 and runs through January 15, 2024. When information is ready to be posted, it will appear here: <https://wis4hfoundation.org/celebrate-the-arts/>, and look for information in the statewide newsletter.

animal sciences>>>

Horse Project Meeting

Date: Tuesday, October 17th, 2023
Time: 6:30pm
Location: Farm Progress Building

reminders >>>

ArtBEAT and Arts Camp - Save the Date

- Arts Camp (Grades 6-8) – November 17-19 for Leadership Team, November 18-19 for campers at Upham Woods
- ArtBEAT! (Grades 3-5) – March 15-17 at Upham Woods

Pick up your Pump House Items!

All items exhibited at our annual show are ready for pick up starting Tuesday, October 17, 2023. Our office hours are 8 am – 4:30 pm. If you can't make it during office hours, please email lacrosecounty4h@lacrosecounty.org or call 608-785-9593 to make alternate arrangements.

Leadership Certification Training Workshops

Date: Saturday, December 2nd 2023

Time: 8am to 5pm

Location: Onalaska Armory, 910 Oak Forest Dr, Onalaska, WI 54650

Disciplines: Archery & Air Rifle/Rifle

Registration deadline is November 24, 2023



register here: forms.gle/RPnqjwxD6YtCwkV88



volunteer section >>>

Notice of Leaders Association By-Laws Amendment

The Leader's Association needs to make a change to its By-Laws - which is called an Amendment. In order to do this, all 4-H membership aged 14 and older need to be notified of this suggested change and have the opportunity to present themselves and vote on the change. For your reference, you can find a copy of the current By-Laws here: <https://tinyurl.com/LaX4HByLaws>.

We would like to add two clauses to two sections (noted in italics).

One to Article IV Section 4, following "No member may serve more than two consecutive full terms a member of the Association Board" unless appointed to the position to fulfill a vacancy, see Article IV Section 7.

One to Article IV, Section 7, following the Term qualifications for the Board: Following an open election, if a vacancy remains of any Board position, the senior most filled position can make an appointment by majority approval from the Board.

Also, in our By-Laws Article VII it states if we want to make Amendments to the By-Laws, we need to give at least 21 days' notice. This announcement in the Cloverline is just that.

You are welcome to vote on this Amendment at the Thursday, October 12, 2023 meeting, 7:00 pm, at Hamilton Town Hall (N5105 Leonard St N, West Salem). FOR YOUR VOTE TO COUNT, you need to be a registered 4-H member. Complete your re-enrollment!

If you have any questions or would like to receive a paper copy of the By-Laws, please reach out to Emily at 608-785-9593 or emily.crook@wisc.edu.

Leaders Board Meeting

Date: Thursday, Oct 12th, 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)

In November we will hold elections for the following positions: Vice President, Treasurer, Holmen-Mindoro Rep, West Salem Rep and one At-Large Rep. If you are interested in any of these positions, let Emily know – emily.crook@wisc.edu or 608-785-9761 – I will get you role descriptions and answer any questions. Plan to attend the November meeting and December Holiday party (installation of officers is then), these positions run for 2 years, January – Dec.

Annual Training Reminder

All adult volunteers are required to complete one refresher training each year of Title IX reporting policies. This training has been adapted to be more directly applied to your role and is 10 minutes long. Online at your time or available as a printed document. Links will be provided when the training is ready. You might think you don't need this information, until you do. Starting with your 2023-2024 re-enrollment, you'll be required to complete this for certification.

2023 Charters Due

A 4-H charter indicates the club or group is organized in accordance with the objectives of the 4-H program. It authorizes the club or group to use the 4-H emblem for educational purposes in accordance with laws and regulations established by Congress and the U.S. Department of Agriculture. The purpose of the 4-H Charter is education, communication, and accountability.

4-H clubs and groups must renew their charter annually through completion of the Charter Application Process. Charter Applications are to be completed online by November 1st.

<https://4h.extension.wisc.edu/resources/volunteer-resources/administrative/charter/>

Changes to the 2024 charter document include:

- Added a section for Club Leader Mailing and email information and Youth President contact information
- Added additional high-risk activities that have policies

Fall Forum

- **Date:** November 4-5th, 2023
- **Location:** Green Lake Conference Center, Green Lake, WI
- **Youth grades 7+ and Adults!**
- **Cost:** See website for information: <https://tinyurl.com/4HFallForum>

This year's event will include:

- An inspiring keynote address by Tim Talen (<https://4h.extension.wisc.edu/hof/talen-tim/>)
- Opportunities to participate in dozens of youth- and adult-led workshops on Saturday
- Choose your own adventure interactive activities on Saturday night
- Introductions to Wisconsin Leadership Council Candidates (<https://4h.extension.wisc.edu/opportunities/statewide-events-and-opportunities/wisconsin-4-h-leadership-council/>)
- Updates from the Wisconsin Leadership Council and Wisconsin 4-H Program Leadership
- And so much more! You won't want to miss it!



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.

4-H 101 Class - New Family Orientation

Date: Thursday, October 26th, 2023

Time: 5:00pm - 6:00pm (invited to dinner at 6pm and Achievement Celebration at 7pm if you want!)

Location: Lunda Center (333 7th St N, La Crosse)

If you are new to 4-H, have a lot of questions, want to meet other new families, or just want to learn more about 4-H – consider coming to our New Family Orientation! You can register here: <https://forms.gle/gSZR79DH5tdZPwQQA>. Following the orientation we're hosting our annual Achievement Celebration in the same space. You're invited to join us for a light lunchbox dinner, and ceremony that starts at 6pm (ceremony starts at 7pm) and usually ends around 8pm. If you plan on staying for dinner, please RSVP to 608-785-9593 or lacrossecounty4h@lacrossecounty.org.



4-H Thriving Model – Program Quality Scores

La Crosse County – 2021-2022 Year

The 4-H Thriving Model predicts that youth who participate in 4-H programs that provide a high-quality developmental context will thrive, and thriving youth achieve key developmental outcomes. To determine scores for Program Quality, youth members aged 13 and up were invited to take an online survey asking them questions about their 4-H experience. **Our La Crosse youth had an excellent survey sample last year (29%), one of the highest return rates in the state!** After analyzing data, the scores are provided which assess each component of the model on a scale of 1-7, 7 meaning outstanding program quality.

4.8

Youth Sparks

The Youth Sparks outcome measures how 4-H programs give youth opportunities to explore topics they are interested in learning about, passionate about, engaged with.

5.3

Challenging Growth

Challenging Growth outcome measures the extent to which adults in the program help youth to see new possibilities, push them to reach higher and hold them accountable.

5.6

Youth Belonging

This outcome measures how safe, welcome and supported youth feel in 4-H programs

5.7

Youth-Adult Partnerships

This outcome measures how youth feel about adult volunteers working with them and if they feel respected, listened to and have their ideas taken seriously.

5.5

Caring Adults

This outcome measures how youth feel the adults in their 4-H programs care about them and investing time in youth.

5.4

Program Quality Overall Score

Implications:

The data suggests that the program quality in Door County 4-H moderately good, and there is room to grow. The lower score for Youth Sparks is not surprising – Sparks are tied to the opportunities to learn new things (projects) and develop an interest in a topic/project. In 2022-2023, we surveyed all our families to find those sparks, and have been working on ways to offer more project-based learning for members, like the Foods Workshop. All of our qualities took a dip, which is expected when we have a larger survey sample (it gives us more accurate results). Watch for more specific opportunities to get involved and workshops to enhance life skills and interests! I'm excited to see the 2022-2023 results in March!

2023-2024 Event Dates

- 10-14-2023: 4-H Craft Fair
- 10-26-2023: Achievement Celebration
- 11-04 to 11-05-2023: Fall Forum
- 12-2-2023: Shooting Sports Certification
- 12-07-2023: Leaders Holiday Party
- 1-06-2024: Archery/Pellet Gun Program Starts
- 1-13-2024: 4-H Leadership Retreat
- 2-10-2024: Clover College
- 3-09-2024: Expressive Arts
- 4-28-2024: Fur, Fin, Feather
- 7-31 to 8-02-2024: Summer Camp

FORMS SECTION

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.

fall forum: <https://tinyurl.com/4HFallForum>

4-H IOI registration: <https://forms.gle/gSZR79DH5tdZPwQQA>

how to people registration: <https://forms.gle/mfa46ctGyNwFNSfQ7>

october 2023

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7
8 4-H Pancake Breakfast	9	10	11	12 Leaders Board Meeting	13	14 4-H Craft Fair
15	16	17 Horse Project Meeting Pump House Items Ready for Pick Up	18	19	20	21
22 Ambassador Meeting	23	24	25	26 Achievement Celebration 4-H 101 Class	27	28
29	30	31				

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 <https://lacrosse.extension.wisc.edu/4-h-youth-development/cloverline-newsletter/>

We thank all who volunteer their time and talents to contribute to this newsletter.