



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

safety saves more than you think

You're all aware we have so many trainings for adult volunteers. SO many. It's not to see how dedicated you are by how many hoops. It is, however, to ensure that you have all the resources you need to create a safe environment for kids.

Time moves forward, technology and research blooms. We learn more on how the brain develops in record time. It wasn't until the 1990s that we even understood how general trauma drastically influenced brain development. These days we know how individual chemicals in our brains affect it's elasticity, our ability to comfort ourselves (without external chemical help), and how all of that can affect our general success at being a civilized adult. Then let's add the concept of intergenerational trauma and you can see why we are suffering as a society.

If you need help understanding how important safety is to a child, the Sesame Workshop has a short animated video that depicts it harshly (warning on that) and beautifully, too. https://sesameworkshop.org/resources/responses-trauma-age-age-video/. It reminds us that we don't know how deeply something might affect kids and that as volunteers, we aren't privvy to all the history or current events. It also highlights the importance of that one adult in a youth's life who can make an extraordinary difference.

That, is you.

And not to just your kids either, but your friend's kids, and neighbor's kids, too. Safety is where thriving begins. Thank you for committing to this important work.

september 2023

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Emily Crook

Positive Youth Development Educator La Crosse County Extension

mily a Crook

youth leadership >>>

Ambassador Meeting

• Date: Sunday Sept 24th, 2023

• Time: 6:00pm-7:00pm

• Location: La Crosse County Admin Center (212 6th

St N, entrance on 7th street side)

New members – come to this one! Anyone in grades 7+ interested in leadership activities and representing La Crosse County 4-H are welcome. We have an exciting year planned ahead!

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

Fall Forum

• When: November 4-5, 2023

• Where: Green Lake Conference Center, Green Lake, WI

 Who: Youth in Grades 7+ and Adult Volunteers & Parents

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 youthand 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!
 2023 Fall Forum Schedule DRAFT (https://docs.google.com/document/d/1FKdq11UU3VUHpSw_u60iGJ3bg3-QRRma/edit)

Registration will open in 4HOnline in September. The Leader's Association has scholarship for adult members, and the Ambassadors have scholarships available for youth members who attend Fall Forum.

Additionally – If you are interested in representing the Southern Region of Wisconsin on the Wisconsin Leadership Council, please reach out to Emily ASAP, I'll get you the information: emily.crook@wisc.edu or 608-785-9761

ArtBEAT and Arts Camp Counselor Deadline

Applications are now open for youth and adults who want to support Arts Camp and ArtBEAT! I know this is tight turn around, but in order to be ready for Training/Planning Weekend Sept. 30-Oct. 1, applications must be submitted by September 5. Please share with your friends and encourage others to apply!!

Youth Application: https://forms.gle/

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Adult Application: https://forms.gle/

dAwrFJDvXZxo9Zxd6

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 <u>lacrossecounty4h@lacrossecounty.org</u> 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 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!

Club Leaders: We will be mailing out club award information soon. You will have both a paper and online option for submission. Stuck with deciding who gets what in your club? Ask your club officers!

state 4-H opportunities>>>

cedar crest ice cream flavor naming contest



tractor supply company paper clover promotion

The Fall TSC Paper Clover campaign runs October 4-15, 2023, and clubs have the opportunity to earn a \$50 TSC gift card. In-store promotion dates are Saturday/Sunday 10/7, 8, 14, 15. Online registration is required and is open now. For more information visit: https://wis4hfoundation.org/tscpaperclover/

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.

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, Sep 14th, 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.

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

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

4-H Oktoberfest Pancake Breakfast - Volunteers Needed!!

Date: Sunday, October 8th, 2023

Time: 7:00am - 12:00pm

Location: Interstate Fair Grounds - West

Salem

Both adult and youth volunteers are needed for set-up, serving, and clean-up of the Pancake Breakfast. Shifts will be from 7:00-10am, 9:00am -Noon. To sign up, please contact Sue Kramer at rskburro69@msn.com.

Proceeds from this breakfast go to fund youth travel scholarships, events like Clover College, Summer Camp, and Achievement Celebration. If you can help, please do!





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 lacrossecounty.org.

4-H 101 Class - Few 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! 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.

2022-2023 enrollment >>>

Overview

The 4-H year runs from September to August; therefore, it is required that all 4-H families re-enroll in 4HOnline every fall in order to continue as 4-H members. There are several steps to completing this process as outlined below. However, please don't hesitate to reach out to the Extension La Crosse County office at 608-785-9593 orLaCrosseCounty4H@lacrossecounty.org if you need any help or have questions.

New families and volunteers can enroll anytime in the year, but must enroll before the April 1st deadline in order to participate in competitive events (such as Fair) for the year.













September 1st, 2023

Project deadline:

April 1st, 2024



Step 1: Find a Club

All 4-H members must belong to a 4-H club, but the Extension office has no requirements as to the level of club participation. However, each club operates under

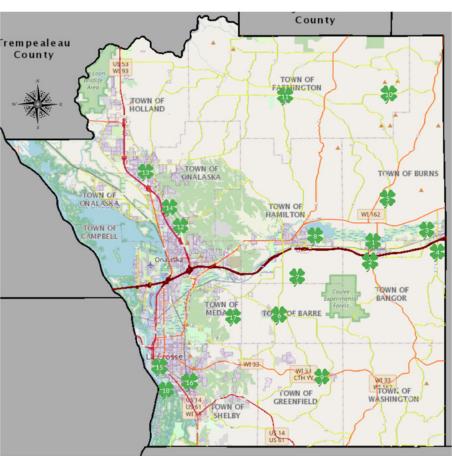
their own bylaws and rules, which can vary

from club to club.

CURRENT 4-H'ERS: Chances are, you already found a club that you fit into very well! But, there are no rules saying you can't change clubs at any time. If you would like to change clubs, re-enrollment is the perfect time to do so.

NEW 4-H'ERS: You're probably wondering "How do I pick a club when there are so many?" Many families pick a club that is close to where they live or where youth go to school, but it is all about finding a club that is a good fit for your family. We recommend that you try contacting a couple different clubs to get a feel for what they are about before committing to one. For club leader information, please contact our office.

4-H Club Locations Map



Step 2: Pick Your Projects

Projects do NOT have to be finalized at this point. You are free to add and edit projects up until the April 1st deadline. There are a few key rules below to keep in mind as you pick your projects.

CURRENT 4-H'ERS: If you tend to just keep the same projects year after year, be sure to check your list thoroughly this year as options have changed and some projects might be missing.

NEW 4-H'ERS: We recommend you stick with 1-3 projects to really focus on your first year and get the feel of 4-H without stretching yourself too thin. But feel free to sign up for as many projects as you want! There is no minimum or maximum limit to the number of projects you can enroll in.

Many project changes are happening this year!

Be sure to view the Project Enrollment Guide Carefully!



project pickin' rules

- Projects and Project Literature (see page 8) can only be chosen from the online **2023-2024 PROJECT GUIDE** at https://lacrosse.extension.wisc.edu/4-h-youth-development/4-h-projects/. Read the descriptions carefully to find out what each project is about and what you will learn.
- A few projects have different "LEVELS" (e.g. Clothing 1, Clothing 2, Clothing 3, etc.). These levels are a way to divide a project up by grade level, so just sign up for the level associated with your current grade in school.
- Youth cannot be enrolled in **HORSE** and **HORSELESS HORSE** Project at the same time. You should sign up for Horse if you have or are borrowing an animal and Horseless Horse if you do not have a physical horse but are still planning to learn about them and be involved in the Horse Project.
- Youth in grades K-2 can only enroll in the **CLOVERBUD** Project, which is a project focused on exploration of 4-H and the different areas of interest it offers. It is tailored for younger-aged 4-H members.
- The EXPLORING Project is only offered for youth in grades 3-4; however, youth are NOT required to be
 an Explorer. This project is merely a stepping stone for youth that need a little extra time between being a
 Cloverbud and entering in traditional projects with older youth.

Step 3: Enroll in 4H Online

4HOnline is an online database system that the State of Wisconsin uses to track all 4-H families in our county. It is important that you keep your information up to date each year when you re-enroll. If you have any problems using 4HOnline, please reach out to us!

If you do not have computer access to complete your enrollment, paper forms are available in English and Spanish from the Extension office. Contact us and we'll be happy to mail you the form!

CURRENT 4-H'ERS: The step by step guide on how to re-enroll can be found online at https://4h.extension.wisc.edu/4h-resources/4-h-online-2-0-family-enrollment-guide/. It is important that you do not create a new profile - your family information rolls over from year to year.

NEW 4-H'ERS: The step by step guide with screenshots on how to enroll for the first time can be found online at https://4h.extension.wisc.edu/4h-resources/4-h-online-2-0-family-enrollment-guide/.



Step 4: Order Project Literature

Project Literature is a completely optional resource provided by the 4-H Leaders Board. Essentially, each Project has a series of state-certified curriculum workbooks or reading material to help guide youth through their project work over the course of the year.

All enrolled youth are eligible for 5 free pieces of Project Literature each year! Any additional pieces of literature may be purchased for a small fee. To find out what titles are available for each project, turn to the 2019-2020 Project Guide (https://lacrosse.extension.wisc.edu/4-h-youth-development/4-h-projects/) and then place your order!

current & New 4-H'ers: It is important that you do NOT order literature through your 4HOnline profile during enrollment. This feature is not compatible with La Crosse County. Once you have selected the titles you want, visit https://forms.gle/fymgnpuue6XCNHX2A and fill out the short online form. The Extension office will call you when your books are ready to pick up!



Can't remember your password? You can reset it yourself!

Step 5: Pay Club Dues

Club dues of a minimum of \$3.00 per youth must be paid to your club leader each year to be considered a "member in good standing." If you do not pay your dues by your club's established deadline, there could be consequences - including not being able to show at Fair! These club dues cover important health and liability insurances for youth over the course of the year.

If your family is experiencing a financial hardship and cannot pay your club dues for any reason, please reach out to your club leader or the Extension office. The 4-H Leaders Board may be able to help you with a scholarship! Money should not be any reason a child does not participate in La Crosse County 4-H.

HOW TO PAY YOUR DUES: Please pay your dues to your club leader as soon as possible. Contact your club leader for payment method details as each club has their own procedures for collecting these dues. Be aware that a few clubs collect a little more than \$3.00 to cover the cost of club expenses throughout the year, so be sure to double check with your leader!

Ordering Project
Literature in 4HOnline

DOESN'T WORK! to order, fill out the google form here:

https://forms.gle/ fYmgnpuue6XCNHX2A

Adult Volunteers

There are so many types of volunteers needed to have a successful 4-H program. We need activity leaders, club leaders, chaperones, financial managers, leaders board committee members, etc. If you would like to become a certified 4-H volunteer, we'd love to have you! Just follow the steps below:

CURRENT VOLUNTEERS:

- Re-enroll in 4HOnline. Instructions for returning volunteers are online at https://lacrosse.extension.wisc.edu/4-h-youth-development/volunteers/.
- Background checks will be requested of you every 4 years. If it's your year –
 please follow up with the HireRight email that comes to you.
- Supporting You, Supporting Youth is a 10 minute training refreshing everyone on Title IX reporting requirements and procedures.

NEW VOLUNTEERS:

- Create your enrollment profile in 4HOnline. Instructions can be found online at https://lacrosse.extension.wisc. edu/4-h-youth-development/volunteers/.
- Submit to a state conducted background check. An email will come to your inbox about a week after you submit your 4HOnline profile.
- Complete these required trainings:
- Mandated Reporter
- Building Safe Spaces
- Volunteer in Preparation (VIP)

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.

All of the requirements for new and returning volunteers can be completed in an offline format as well. Emily Crook will reach out to you once you are enrolled in 4HOnline to assist you through all of this process!

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.

annual awards:

https://forms.gle/jighHPYHGyzbqFYe9

ME form:

https://tinyurl.com/4HMEform

ambassador form:

https://tinyurl.com/4HAmbassadorApp

youth artBEAT application:

https://forms.gle/Bhi5Nwy3ZhKnTjneA

adult artBEAT application:

https://forms.gle/dAwrFJDvXZxo9Zxd6

odds & ends >>>

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

pumphouse exhibit submission instructions

If you received a purple ticket on your exhibit - 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!

4-H craft fair Date: Sat. Oct 14, 2023 Time: TBD, sometime in AM Location: Onalaska Omni Center (255 Riders Club Rd, Onalaska, WI) Exhibitors sign up by September 29, 2023. Rules, guidelines, registration for a table here: https://tinyurl.com/4HCraftFair

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

2023-2024 Event Dates

- 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
- 11-04 to 11-05-2023: Fall Forum
- 12-2-2023: Shooting Sports Certification

- TBD: 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
- 4-28-2023: Fur, Fin, Feather

september 2023

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1 Enrollment open	2
3	4	5	6	7 Record Book Deadline	8	9
10	11	12	13 Pumphouse Exhibit Opens	14 Leaders Board Meeting	15	16
17	18	19 Pumphouse Opening Party	20	21	22	23
24 Ambassador Meeting	25	26	27	28	29	30

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.