



Cloverline

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

february 2024

in this issue >>>

- » Youth Ambassador Meeting
 - » Animal Sciences
 - » Leaders Board Meeting
 - » Holmen Archery Registration
 - » Shooting Sports Apparel
 - » Forms Section
 - » Pork Producers Meeting
 - » Summer Camp
 - » Citizens Washington Focus
 - » State Opportunities
 - » Volunteer Section
 - » 2023-2024 Important Dates
- ...and much more!*

Finding Dory

I had a great discussion with a friend the other day regarding productivity. Some days I can get so many things done, checking things off my list like it's going out of style. And it feels GREAT.

Other days, I'm filled with conversations of meetings and while I'm exhausted at the end of the day, I feel like I got nothing done. And it feels... disheartening.

Why is so much emphasis on the tangibles to show productivity? Honestly 90% of my job is relational. In those meetings I had yesterday, we really hammered out some decisions to help us clarify what 4-H membership looked like across the state. It was deep stuff, a lot of examining abstracts and all angles.

And sometimes... my job productivity is completely dependent on others getting back to me or doing THEIR thing so I can do mine. There's a lot to this. I'm getting paid so I feel the need to produce. But when your production is long term out-comes you may never even witness... this... is what causes my burn out.

Time to re-evaluate my successes and just what counts as productivity. And if you're feeling the burn out these days, this might be something to think about for you, too.

Just keep swimming.

Emily A Crook

Emily Crook
Positive Youth Development Educator
La Crosse County Extension



UW-MADISON EXTENSION
LA CROSSE COUNTY

volunteer section >>>

Leaders Board Meeting

Date: Thursday, February 8th, 2024

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

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

Prepping for another amazing active year. If you can lend a hand in our county-wide programs, reach out!

odds & ends >>>

Art Beat

When: March 14th-17th, 2024

Where: Camp Upham Woods, Wisconsin Dells WI

Cost: \$110 for Youth, \$60 for Chaperones

Grades: 3-5 participants, parents and leaders welcome

Registration: Jan 20 - Feb 20 in 4-H Online

La Crosse County 4-H Leaders Scholarship: 50% Reimbursement

4-H Art Beat is the introductory program for Wisconsin 4-H Communication Arts and was created for 4-H members in grades 3-5, their parents and leaders. Art Beat! provides an opportunity for youth and their parents to experience five different art forms in a camping environment at Camp Upham Woods in Wisconsin Dells. Art Beat! track leaders are older 4-H Youth, 4-H Leaders, and staff. For more information visit: <https://4h.extension.wisc.edu/opportunities/statewide-events-and-opportunities/art-beat/>

Fair Clerk Signup

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 that department as well as a great way to 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, fill out the signup genius here: <http://tinyurl.com/2c8s8mdr>.

Volunteer Training Update

Shout to Ambassadors **Liam Maricle** and **Alexa Heitkamp** for lending us their voices on our latest volunteer training option! You'll be able to hear their voice overs in the new Grow Green training now available.

Grow Green is the new orientation system we have for NEW onboarding volunteers. If you are re-enrolling or have taken VIP in the past – you do not have to do this. This is replacing VIP. It is virtual module system, much like the other trainings we offer, with offline options as well. It provides a core orientation to working with Extension and 4-H, and then will break out to orientations focused on experiential application of the role you have. All are welcome to take the training, but know that it is not required if you have already completed VIP: <https://4h.extension.wisc.edu/resources/volunteer-resources/training-for-volunteers/grow-green/>

4-H Volunteer Impact Study - You May Be Contacted!

What you do makes a difference! We are excited to share that our state will be participating in the 4-H Volunteer Impact Study of volunteers in the North Central Region.

This survey is being conducted as a part of 12 state effort to document the impact of volunteering.

It will focus on three areas:

- the personal benefits of your volunteer experience;
- the impact you have on the organization by volunteering; and
- how your volunteer efforts contribute to your community in which you live and work.

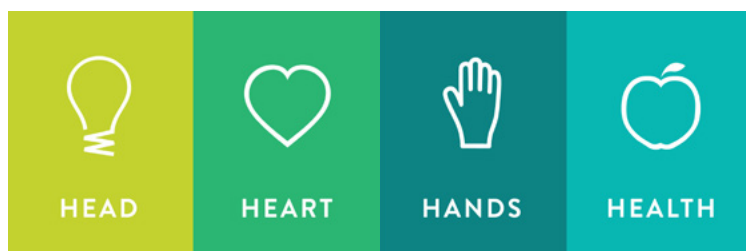
A random sample of volunteers of 1000 volunteers from each state will be surveyed. This study will be conducted through an electronic survey. If you are selected, you will receive an email to let you know you have been selected to participate. You may be picked!!! If you are, please respond. We want to hear from you and learn from your volunteer experiences.

Your comments will be used to quantify the personal, organizational and public impacts of volunteers involved with 4-H Youth Development Programs in our twelve-state region. Your impact is great, and we want to hear from you!!!

reminders >>>

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 lacrossecounty4h@lacrossecounty.org or call 608-785-9593 to make alternate arrangements.



shooting sports >>>

Archery and Pellet Gun Program

When: Saturdays

January 6th & 20th, 2024
February 3rd & 17th, 2024
March 2nd & 16th, 2024

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)

****Registration is closed****

Holmen Archery Program

When: Sundays

April 14th, 21st, & 28th, 2024
May 5th & 19th, 2024
June 2nd, 2024

Who: Youth in Grades 3+

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

Where: Arrows in the Square (N7681 Caseberg Coulee Rd., Holmen WI 54636 (Outside)

Paper Registration Form here: <http://tinyurl.com/3e8nkrmp>

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.

For a copy of the registration form, please visit: <http://tinyurl.com/3e8nkrmp>. Registrations are due by Thursday, March 28th, 2024 by 4:30pm. Please direct any questions to the Extension Office at 608-785-9593.

youth leadership >>>

Ambassador Meeting

- **Date:** Sunday February 25th, 2024
- **Time:** 6:00pm-7:00pm
- **Location:** Room 1107, La Crosse County Admin Center (212 6th St N, entrance on 7th street side)

Let's look at how community service and volunteering can bring about self-awareness and open up more opportunities for your personal and career growth.

2024 Citizen Washington Focus Trip

- **Date:** June 2024 - Registration Opens Dec 1st!
- **Who:** Grades 10-12 (minimum age of 15 at time of the trip)
- **Registration:** Through 4HOnline - it fills fast!
- **Where:** Statewide trip to Washington, DC.
- **Cost:** Approximately \$1,750 –50% due at registration – Leaders Board covers the other 50%, then an additional 25% after the trip and you present! That's a total scholarship of 75%!
- **REQUIRED:** to represent La Crosse County officially, you will need to participate in an interview with a member from our Board.

For more details visit: <https://tinyurl.com/WI4H2024CWF>

Swag!

La Crosse County 4-H Shooting Sports program is offering merchandise once again! This link is where you go: 4hshootingsports.com Share it with family and friends – it makes great holiday, graduation and birthday gifts!



Expressive Arts Festival

Date: Saturday, March 9th, 2024
Time: 9:00 a.m. to 1:00 p.m. (*generally)
(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!

All types of performance will be judged by merit and participation this year. Just do your best and try new things! Please note that adjustments have been made to rules and guidelines this year, and of course, if you have any questions, please contact us at 608-785-9593 or lacrossecounty4h@lacrossecounty.org. Don't forget to visit the website for up-to-date information and registration: <https://tinyurl.com/4Hexparts>

**NOTE: the resources we've linked to might reflect different years, the same information usually applies.

To sign up, please do so online: <https://forms.gle/Yb1MmG3m2ig3NZnA8> by 4:30pm Thursday, February 29th, 2024.

To review the linked copies below, please click on links or visit: <https://lacrosse.extension.wisc.edu/4-h-youth-development/events-activities/county-festivals/>

Expressive Arts Festival Family/Participant Handbook (pdf 5 pages) (<https://lacrosse.extension.wisc.edu/files/2022/01/Guideline-Handout-2022.pdf>)

Exhibit Rubrics – see what qualities the judges are judging on (pdf 16 pages) (<https://lacrosse.extension.wisc.edu/files/2022/01/All-2022-Expressive-Arts-Rubrics.pdf>)

These are all your options of performance and exhibits. We'd love to see your talent. Sign up today!

Categories:

Drama Categories (all group focused)

1. **Published Play:** A 30-minute group production, using a published script. Props and costumes are encouraged.
2. **Original Play:** A 30-minute group production, using an original (un-published or devised) script. Props and costumes are encouraged
3. **Play Reading:** Readers are to make their selection "come alive" without the use of costumes or props. Appropriate gestures and human-produced sound effects (no artificial devices) are allowed. Scripts are to be used. Maximum time limits and groups must consist of 3 or more participants..
4. **Dual-Acting Performance:** A 10-15 minute two-person, memorized production where there is minimal eye or physical contact between performers but will act a script of generally two or more characters. No props or costumes allowed.
5. **Entertaining Performance:** Produced with minimal props and costumes that can be performed in any room. Examples include skits, puppetry, group improvisation or creative dramatics. Maximum time limit is 12 minutes.

Music Categories - NOT limited to groups anymore:

1. **Instrumental:** Performance from any genre using only musical instruments.
2. **Vocal:** Performance from any genre using their voices only. Costumes are permitted, but no props are allowed.
3. **Dance:** Performance choreographed from any genre. Costumes and props are permitted, but the focus should be on movement. Music set to the choreography may only be instrumental.
4. **Novelty:** Performance provides musical, vocal, or movement entertainment by combining a variety of instrumental, vocal, or dance techniques. Examples of a Novelty performance include, but are not limited to lip syncing, variety shows, show choirs, or other musical performances that do not fit in the first three categories above.

Speaking:

1. **Memorized Selection:** Prose, poetry, or any other piece that must be memorized presented by an individual. No notes allowed. Maximum time limit is 5 minutes.
2. **Literary Reading:** Includes prose and poetry pieces presented as a reading by an individual. No props or costumes allowed. Maximum time limit is 5 minutes.
3. **Original Speech:** A speech written by and presented by an individual on any subject, preferably one pertaining to his/her 4-H project work. Notes are permitted. Maximum time limit is 5 minutes.
4. **Storytelling:** Original or published narrative, told as if to a younger audience, and presented without notes by an individual. No poetry is allowed. Costumes or props are encouraged, and facial expressions or gestures are allowed. Maximum time limit is 12 minutes, props are allowed.

Arts & Crafts, Marketing and Photography Categories

1. Participants submit arts & crafts items for display and judging. Youth are not required to be present for the day, but can simply drop off their exhibits in the morning and pick them up in the afternoon after judging.
2. Please review the Family and Participant Handbook for more detailed information.



Fur, Fin & Feather

The Fur, Fin and Feather Show is open to all youth in grades 3-13. There are some classes available for K-2nd. The show gives our youth an opportunity to show their rabbits, poultry, cats and small pets, with face-to-face judging. They get pointers and learn hands-on about their animal and how to improve when showing at the fair.

In addition to the animals, there will also be a poster and an animal photography show. Join us for educational sessions and a poster exhibition, raffle, and Roger Moeller Small Animal Equipment will be vending. Lunch will be available for purchase.

Date: Saturday, April 27th, 2024

Time: 10:00am - Noon

Location: Barney Center, 1000 E. Montgomery Sparta WI

The Teaching Show is hosted by La Crosse, Monroe, Richland and Vernon County 4-H. Full rules, regulations, and paper entry forms can be found: <https://vernon.extension.wisc.edu/4-h-youth-development/4-h-opportunities/>

animal sciences>>>

Horse Project Meeting

Date: Tuesday, February 20th, 2024

Time: 6:30pm

Location: Bangor First Responder Building

Goat Project Meeting

Date: Sunday, February 25th, 2024

Time: 3:00pm-5:00pm

Location: Onalaska Community Center (515 Quincy St)

2024 YQCA

What: Youth for the Quality Care of Animals (YQCA) Training.

Who: Swine Auction Participants (Required) Livestock Project members (optional, encouraged!)

How: Online Training here: <https://yqcaprogram.org/>

Cost: \$12 (\$3 reimbursed by Leader's Board with submitted completion certificate!)

When you complete your training, YOU need to save a copy of your completion certificate and:

- Email it to lacrosseyouthlivestock@gmail.com to meet your requirement for fair.
- Email it to lacrossecounty4h@lacrossecounty.org for \$3 reimbursement.

Any questions? Please reach out to us at 608-785-9593 or either of the emails above.

CLOVER COLLEGE 2024

- **Date:** Saturday February 10th, 2024
- **Time:** 8:45am - 2:30pm
- **Location:** Bangor Elementary School (701 14th Ave S, Bangor WI)

Reminder! All youth can attend class sessions to explore various project areas and complete hands-on experience. This is a day of dabbling brought to you by 4-H youth and volunteers from the community who want to share their favorite things!

Registration is closed. There will be a light lunch served at a concession stand during Clover College served by volunteer youth and families from the Barre Badger 4-H Club. Please send youth with spending money if they would like to purchase lunch, snacks, or a beverage. \$5.00 should cover a lunch. Youth are welcome to pack their own lunches or leave with their parents to go off campus for lunch as well!

2024 Event Dates

- 2-10-2024: Clover College
- 3-09-2024: Expressive Arts
- 4-27-2024: Fur, Fin, Feather
- 7-17 - 7-21-2024: La Crosse Interstate Fair
- 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.

yqca training: <https://yqcaprogram.org/>

holmen archery program: <http://tinyurl.com/3e8nkrmp>

fair clerk signup: <http://tinyurl.com/2c8s8mdr>

expressive arts: <https://forms.gle/Yb1MmG3m2ig3NZnA8>

february 2024

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1	2	3 Archery & Pellet Gun Program
4 Pork Producers Annual Meeting	5	6	7	8 Leaders Board Meeting	9	10 Clover College
11	12	13	14	15	16	17 Archery & Pellet Gun Program
18	19	20 Horse Project Meeting	21	22	23	24
25 Ambassador Meeting Goat Project Meeting	26	27	28	29 Expressive Arts Registration Due		

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

NONPROFIT ORGANIZATION

U.S. POSTAGE PAID

LA CROSSE, WI
PERMIT NO. 588



The Cloverline 4-H Newsletter is produced monthly by the La Crosse County UW-Extension Office, 212 6th St. N. Suite 2200, La Crosse, WI, 54601 in cooperation with the University of Wisconsin-Extension, Madison, WI. Wisconsin Relay—711.

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 <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.