



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

march 2024

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Cloverline

You're too hard on yourself

"Stop being so hard on yourself" – did that give you a reaction? This is usually said to us by someone who cares enough to suggest our self-expectations are too high. Maybe it's a loved one with more lived experience or someone dismissing your woes.

When it's said, I usually have no idea I WAS being too hard on myself. We've been raised with a can-do and should-do philosophy. My sister's family's slogan is – if it doesn't hurt, try harder (all in jest of course). So suddenly, I'm supposed to recognize it's bad, when to stop, adjust, and hold back?

Clarity confession: I caught myself saying this to my daughter yesterday when she burst into tears after spilling some milk. Knowing full well that I, myself, have no handle on that phrase, nor do I expect her to know how to deal with it either. AND I fully taught her how to have that reaction to spilled milk with my own mishandled exasperation.

(You are all are thinking, goodness Em, stop being so hard on yourself). So how do we do this? Practice. A lot of practice with self-compassion, more positive inner thoughts, no comparison, setting boundaries, and reframing (not a complete list, but a good start).

If you feel the urge to stop someone from being too hard on themselves, don't just give the command. Offer a reframe: Sweetheart, you spilled the milk because you are a rock star with helping, and your body is sick right now, it was pushed too far. It's not your fault.

Hope you find the reframe that works for you.

Emily Crook
Positive Youth Development Educator
La Crosse County Extension



UW-MADISON EXTENSION
LA CROSSE COUNTY

volunteer section >>>

Leaders Board Meeting

Date: Thursday, March 14th, 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)

We have found a VP and At-Large Rep – SO many thanks to Brandon and Jenny Wright. Thank you both for stepping up and filling a need!

**REMEMBER TO UPDATE YOUR
PROJECTS IN 4H ONLINE
BEFORE APRIL 1ST IN
ORDER TO SHOW IN THOSE
CATEGORIES AT THE FAIR THIS
YEAR!!**

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: **closed**

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/>

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!

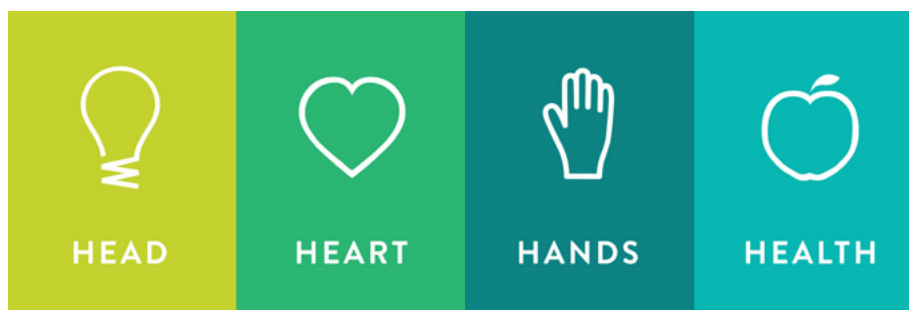
All items exhibited at our annual show are still ready for pick up. Our office hours are 8 am – 4:30 pm. If you can't make it during office hours, please email lacrossecounty4h@lacrossecounty.org or call 608-785-9593 to make alternate arrangements.

youth leadership >>>

Ambassador Meeting

- **Date:** Sunday, March 24th, 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 discuss what to do this summer!



animal sciences>>>

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/>

Horse Project Meeting

Date: Sunday, March 10th, 2024
Time: 5:30pm
Location: Bangor First Responder Building

Goat Project Meeting

Date: Sunday, February 24th, 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 lacroseyouthlivestock@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.



la crosse interstate fair section

July 17th - 21st, 2024

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>.

Fair Updates

The 2024 fair theme is: Fair Days and Fun Nights. This theme should be incorporated into the 4-H Club Booths in Department 32 and can be used in decorating the barns.

- The 2024 Exhibitor Guide and Premium List, aka the "Fairbook" is in the process of being updated. Hard copies will be available in late April with the online rules and regulations and individual departments available for download from the fair website. The address is: www.lacrosseinterstatefair.com.

- Clubs will receive one hard copy of the booklet and extra hard copies will be available for purchase at \$5. Communication on availability will be communicated with the club leaders by email.

- All exhibitors need to be enrolled members of an approved youth group with an education focus. The approved list of groups can be found in the fairbook.

Beef Update:

- During weigh-in, all beef exhibitors and their family members will be responsible to leading their animal into the weigh-in chute and onto the scale in a safe and timely manner. There will also be a new class added for a Feeder/Prospect younger aged market animal.

Swine Update

- The swine show for 2024 will be a terminal show. Swine exhibitors will also be allowed one pen to stall 2 hog entries. If there are 3 hogs entered and present, 2 pens will be allowed to the exhibitor.

Sheep Update

- Market lambs will have a Spring weigh-in the first Saturday in May from 9:00 AM to noon. There will also be a Sheep Rate of Gain.

Livestock animals of (Beef, Swine and Sheep):

- Can participate in an Ultrasound evaluation, one animal per exhibitor. This allows all livestock exhibitors to experience this education which replaces the previous carcass class process. The ultrasound carcass classes will be entry items in Beef, Swine and Sheep. A carcass education event will be scheduled at a date TBD.

Goat Update

- A market Boar goat class will be added.

YQCA Education

- Youth for the Quality Care of Animals (YQCA) training is required this year for all Beef, Swine, Sheep and Goat exhibitors showing/selling market animals.

Be sure to read and re-read all the regulations associated with your animal species and non-animal departments.

Fairest of the Fair

The La Crosse County Ag Society is seeking candidates to serve as the 2024 Fairest of the Fair. This is a great opportunity to serve as an ambassador for the fair by being the official spokesperson for media advertisements and helping with promotion of the fair in the community.

- Must be age 18 by January 1, 2025
- Must have good public relation skills
- Must hold a valid drivers license with a good driving record
- Fairest receives a scholarship at the end of the reign
- Expectation Form and Applications are due April 1, 2024. The forms are on the fair website at www.lacrosseinterstatefair.com/content/fairest-of-the-fair/application-and-expectations

Interested in learning more? There will be a Fairest Panel night that Quin Moldenhauer, 2023 Fairest will be hosting to answer any questions about the position and application process or if you just want to learn more about the program. This will be Friday, March 15 at 6:00 PM at the La Crosse Interstate Fairgrounds, Farm Progress Building. Your RSVP is required. The link to the RSVP is: <https://forms.gle/GgFiDMiMFPAE3Xft5>

You may also contact Marla Stello for further questions. Tel: 608-317-2626 Email: stellomj@hotmail.com

Fair Mentor Program

This idea came from the recent surveying we did for our county (thank you Piggush family!)– let's try it out!

Is your family experienced in exhibiting at the county fair? Or are you still a bit shaky? For years we've wanted to help new families with their fair experience but weren't sure how. So for the 2024 year – we're piloting something new: the 4-H Fair Mentor program.

If you have an exhibit you're struggling in, or have some advice to share – consider filling out this form by June 1st: <https://forms.gle/TdwN6RGEJWZAYF6Y6> The earlier you sign up the more opportunities you'll have to be matched.

Families will be matched based on their willingness to participate. And just because you have experience in one exhibit, that doesn't mean you know them all – you're welcome to request a mentor, too! This is family involvement – youth will not be directly contacted by others in this program.

Clover College ReCap >>>

We are so glad you joined us for Clover College - it was a fantastic day. This event is near and dear to our hearts, so please gather your kids around and get their feedback. We are constantly working to improve this event every year. For us it went pretty smoothly, we want to make sure you had a good time, too! It's a short survey - so here you go! <https://forms.gle/sxgaVq4fjpRX3gAg9>

If you have any favorite pictures from the day, we would love to see them and use them for 4-H things! You can share your photos with us here: <http://tinyurl.com/4H2024CloverCollegePhotos>

The Music: An Exploration in Composing class participants learned how to use the garage band app, and created some work. We wanted to share! Thank you, Kunce Family, especially Lauren, for all the work you did for this class. <http://tinyurl.com/4HComposeMusic>

Thank you to ALL the instructors for your help with this day. It was a great time of exploration and discovery.

We had such a brilliant day! Thank you to all who attended Clover College.

shooting sports >>>

Archery and Pellet Gun Program

When: Saturdays

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****

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!

Use the link below or scan the QR Code to view all of the clothing designs!



www.4hshootingsports.com

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.

Archery Invitational 2024

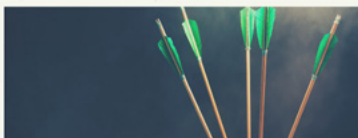
When: Saturday, April 6th, 2024

Time: 8:00 a.m., 9:00 a.m., or 10:00 a.m.

Where: Archery Country (1231 Oak Forest Dr., Onalaska, WI 54650)

Participants do not have to be 4-H members, nor do they have to live in La Crosse County. For youth that participated in the annual Archery & Pellet Gun Program in January through March, participation in this separate invitational is free. For all other participants, there is a \$7 fee for the first event and an additional \$5 fee for each even thereafter. Please contact the Extension La Crosse County office with questions at LaCrosseCounty4H@lacrossecounty.org or 608-785-9593. Registration is due BY 4:30pm on **Thursday, March 28th, 2024.**

Registration form can be downloaded here: <http://tinyurl.com/bdefba8f>.



La Crosse County 4-H ARCHERY INVITATIONAL

2024

Participants do not have to be 4-H members, nor do they have to live in La Crosse County. For youth that participated in the annual Archery & Pellet Gun Program in January through March, participation in this separate invitational is free. For all other participants, there is a \$7 fee for the first event and an additional \$5 fee for each event thereafter.

For More Information,
and to register, visit:
tinyurl.com/5x7ws8f5



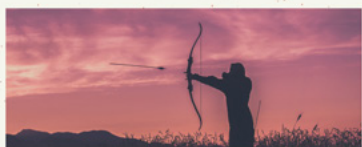
Or scan
the QR
code!

SATURDAY,
APRIL 6TH

Please contact the Extension La Crosse
County office with questions at:

AT ARCHERY
COUNTRY

LaCrosseCounty4H@lacrossecounty.org
or 608-785-9593



An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

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>

archery invitational: <http://tinyurl.com/bdefba8f>

fair mentor program: <https://forms.gle/TdwN6RGEJWZAyF6Y6>

march 2024

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1	2 Archery & Pellet Gun Program
3	4	5	6	7	8	9 Expressive Arts
10	11	12	13	14 ArtBeat Leaders Board Meeting	15 ArtBeat	16 ArtBeat Archery & Pellet Gun Program
17 ArtBeat	18	19	20	21	22	23
24 Ambassador Meeting	25	26	27	28 Holmen Archery Program Registration Due Archery Invitational Registration Due	29	30
31						

COOPERATIVE EXTENSION SERVICE

United States Department of Agriculture
University of Wisconsin—Extension
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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.