

# Cloverline

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

may 2024

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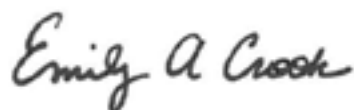
## Glimmers

One of the discoveries as of late regarding our brain elasticity is that we have quite a bit of power and ownership on re-training our brain. Studies have shown if we surround ourselves with positivity inside and out, if we practice gratitude and positive thoughts, heck, even if we force ourselves to smile and fake laugh, our body responds with rewards.

As with all things, this requires balance. Too much positivity is actually not a good thing. We need to also acknowledge those feelings that are not positive and sit in the muck. So what do you do when you've sat in the muck, and you want to start feeling positive again, but you're stuck? Stuck in the muck.

Glimmers. Just be open to glimmers. Glimmers are the happy accidents and the moments of beauty you see in the world. See goodness affecting others: people helping others, animals or the planet. Maybe the sunset caught your eye, or the stars. Maybe the wind carried the most pleasant whiff. It may not be outright beneficial to you, but acknowledging the good will go a long way in bringing the goodness to you.

Manifest a new destiny,  
Emily



Emily Crook  
Positive Youth Development Educator  
La Crosse County Extension



UW-MADISON EXTENSION  
LA CROSSE COUNTY

# volunteer section >>>

## Leaders Board Meeting

**Date:** Thursday, May 9th, 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 are reviewing our annual budget! All volunteers and members aged 14 and older can vote, if you plan on attending let me know so I can send you the draft.

## County Awards Update

**NEW this year – we are hosting our County 4-H Award Ceremony on a new date: Wed. July 17, 2024 6pm AT FAIR!** Visit the New Youth Building stage then to witness our stellar youth receiving their awards. Because of this, the awards listed below have a shorter deadline than in the past. If you or someone you know should receive these awards, please fill out this google form: <https://forms.gle/LrClv3JJCKW1kGAW6> BY JUNE 1, 2024.

Speaking of awards, what are they? For the comprehensive lists with links to more information AND past recipients, visit our Award Site: <https://lacrosse.extension.wisc.edu/4-h-youth-development/member-resources/4-h-awards-and-recognition/>

Here's what you can apply or nominate youth for:

**Outstanding Cloverbud Award:** NEW FOR 2024! Annually recognizing up to two 4-H Cloverbud members in grades K-2 who exhibit strong personal, club and county 4-H commitment. All nominees will be recognized in some way, with the top two youth receiving outstanding cloverbud recognition. This award has a separate form application from the others, with a checklist to complete. See the website for this downloadable form.

**I Dare You Award:** The "I Dare You" Leadership Award selection is based on recognition of excellence in character and well-balanced personal development as well as leadership potential. They each receive a copy of William H. Danforth's book "I Dare You" and a personalized certificate. This is awarded to one 4-H member annually in 9th or 10th grade. A youth can only receive this award once.

**Servais Communication Award:** Adam Servais graduated from La Crosse County 4-H and was a 12-year member of the Onalaska Merrymakers 4-H club. Adam was active in speaking and demonstrations, mechanical sciences, gardening and photography during his 4-H career. He was also an active youth leader, taught classes at Clover College, attended Citizenship Washington Focus and received the State 4-H Key Award. In August of 2006 Adam Servais, Senior Airman, was killed in the line of duty in Afghanistan. His family credited 4-H with helping to shape Adam as a fine young man active in his community. For that reason, his family made a contribution to the 4-H program in Adam's memory. Because of Adam's active involvement in the Speaking and Demonstration activities, La Crosse County 4-H honors Adam's memory with the Servais Memorial Communication Award given to one youth annually who exhibits strong communication and demonstration skills. A youth can received this award only once.

**Key Award:** The Wisconsin 4-H Key Award is given in recognition of outstanding 4-H club work and is the highest award given in La Crosse County 4-H. This award is received by only the top 5% of older 4-H members in the State and is based on consistent growth shown by members in their 4-H work, their demonstration of leadership qualities and contributions made to the 4-H club and community. La Crosse recognizes 3 youth annually in 10th-13th grades. A youth can receive this award only once.

**Legislative Award:** Awarded to up to 2 youth who have completed multiple 4-H travel experiences including Citizen Washington Focus. Chosen by Representative Steve Doyle based on ME form applications from CWF or National Congress (citizenship activities). Chosen winners must have also turned in a Record Book with the Youth Leadership and/or Citizenship projects filled out. These youth are hand selected by the County program.

## youth leadership >>>

### Ambassador Meeting

- **Date:** Sunday, May 19th, 2024
- **Time:** 6:00pm
- **Location:** Room 1107, La Crosse County Admin Center (212 6th St N, entrance on 7th street side)

We will finalize plans for Dairy Breakfast, and other summer plans!

## shooting sports >>>

### Swag!

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

### Holmen Archery Program

- When:** Sundays, 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))

\*\*\*Registration has closed\*\*\*

## summer camp 2024

**Dates of Camp:** July 31 – Aug 2, 2024

**Location of Camp:** Upham Woods

**Transportation:** Included

**Cost:** \$150/youth – community member or \$75/youth for 4-H member

**Deadline to Enroll:** May 31, 2024

**ENROLL HERE:** <https://forms.gle/SrQK4hqE361RtYKp8>

**Send payment to:** La Crosse County Extension, 212 6th St N, La Crosse WI 54601

Some details: We are camping with the 4 other counties in our Area 13 again, the registration isn't specific to our county, so I will follow up with all those who register. New this year – a required zoom for all participant families prior to camp and new camp family handbook coming soon! Transportation and 4-H Scholarship is provided by the Leaders Association.

We still need counselors! And Chaperones still welcome, too! Reach out to Emily if interested: [emily.crook@wisc.edu](mailto:emily.crook@wisc.edu).

## animal sciences >>>

### Youth Livestock Identification Form

Form found here:

<https://tinyurl.com/nhznma99>

### Market Lamb Spring Weigh-In

**Date:** Saturday, May 4th, 2024

**Location:** In Front of Swine Barn, La Crosse Interstate Fairgrounds

Find information here: <https://lacrosse.extension.wisc.edu/events/market-lamb-spring-weigh-in/>

### Horse Project Meeting

**Date:** Saturday, May 18th, 2024

**Location:** La Crosse Interstate Fairgrounds

### Horse Camp

**Date:** Saturday, May 18th, 2024

**Time:** 7:30am - 4:00pm

**Location:** La Crosse Interstate Fairgrounds

\*\*\*Registration Closed\*\*\*

### 2024 YQCA

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

**WHO:** REQUIRED FOR ALL LIVESTOCK PARTICIPANTS

**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](mailto:lacrosseyouthlivestock@gmail.com) to meet your requirement for fair.
- Email it to [lacrossecounty4h@lacrossecounty.org](mailto:lacrossecounty4h@lacrossecounty.org) for \$3 reimbursement.

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



# 2024 Clothing Revue

## Clothing Revue

- **Date:** Sunday, June 23rd
- **Time:** 6:00pm-8:00pm (set up at 5:30pm)
- **Location:** La Crosse County Admin Center (212 6th St N, La Crosse)
- **Registration by:** Monday, June 17, 2023. Paper form here: <https://tinyurl.com/mr28ztsu>

For all members enrolled in Crocheting, Clothing, Consumer Savvy, Knitting, Cloverbud and Exploring projects! Use the Fair Premium guide when registering for this event. You can find Dept 26 here: <https://tinyurl.com/mr28ztsu>

### General Rules for Participants:

- Participants will be required to model one of their entries at the La Crosse Interstate Fair on Wednesday, July 19th at 5:00 p.m. (practice is at 4:30pm).
- Participants should bring a description and fabric sample with them to the Clothing Revue for each of their entries.
- Late entries will be marked down one placing.

For more information on the Clothing and Food Revues please visit: <https://lacrosse.extension.wisc.edu/4-h-youth-development/events-activities/foods-clothingrevue/>

## 2024-2025 Event Dates

- 6-23-2024: Clothing Revue
  - 6-24-2024: Foods Revue
  - 7-17 to 7-21-2024: La Crosse Interstate Fair
  - 7-31 to 8-02-2024: Summer Camp
- 
- 1-04-2025: Archery & Pellet Gun Program Begins
  - 4-05-2025: Archery Invitational

## 2024 Clothing Revue Registration:

Due Monday, June 17th by 4:30 p.m.

**\*Placing for LATE entries will be lowered\***

Name \_\_\_\_\_ Grade \_\_\_\_\_  
Club \_\_\_\_\_  
Phone \_\_\_\_\_ Cell \_\_\_\_\_  
E-mail \_\_\_\_\_

Please enroll me in the following Favorite Clothing Revue category(ies) (check the appropriate response):

- Cloverbud (Class J)
- Exploring (Class K)
- Clothing 1 - Under Construction (Class L-N)
- Clothing 2 - Fashion Forward (Class O-P)
- Clothing 3 - Refine Design (Class Q)
- Consumer Savvy (Class R-SA)
- Knitting (Class T-U)
- Crocheting (Class V-W)

List your Clothing Revue entry(ies) below. Check the Fair Premium Guide for the class and item number:

1. Class \_\_\_\_\_ Item # \_\_\_\_\_  
Description \_\_\_\_\_
2. Class \_\_\_\_\_ Item # \_\_\_\_\_  
Description \_\_\_\_\_
3. Class \_\_\_\_\_ Item # \_\_\_\_\_  
Description \_\_\_\_\_
4. Class \_\_\_\_\_ Item # \_\_\_\_\_  
Description \_\_\_\_\_
5. Class \_\_\_\_\_ Item # \_\_\_\_\_  
Description \_\_\_\_\_

**Return to:** La Crosse County UW-Extension  
212 6th Street N. Suite 2200  
La Crosse WI 54601

**E-mail:** [LaCrosseCounty4H@lacrossecounty.org](mailto:LaCrosseCounty4H@lacrossecounty.org)  
**Phone:** 608-785-9593  
**Fax:** 608-789-4808

# 2024 Foods Revue

- **When:** Monday, June 24th, 2024 at 5:30 p.m. (set up at 5:00)
- **Where:** La Crosse County Admin, 212 6th St N, La Crosse,
- **Registration** (due Monday, June 17th): Online form here: <https://forms.gle/S6Q6xVsu1hjxFXVw5>

## CATEGORIES

- **CLOVERBUDS (grades K-2)** will make a simple snack.
- **EXPLORERS (grades 3-4 or 1st year 4-Hers in 5th grade)** that are NOT in a Foods & Nutrition project will prepare an after-school snack.
- **FOODS & NUTRITION** will select only ONE of the foods you have enjoyed preparing in your project. The food you select must be related to your project, but the recipe does not have to be one from the project book. You will also plan a menu that includes the food you have selected.
- **CAKE DECORATING** members will bring a decorated cake (no cupcakes) using frosting techniques and may include edible or non-edible decorations.

## Rules & Information

- All entries must be ready for judging at the assigned time.
- Exhibitors must bring their own card table for displaying the place setting and food. You are responsible for setting up your own table and display. A separate table must be brought for each entry, not just one per exhibitor.
- All displays must include all dishes and silverware needed for the exhibit, including serving utensils for cakes. A tablecloth or placemat should be included.
- A centerpiece is recommended for everyone except cake decorators.
- Dress appropriately for the meal and occasion you are presenting.
- Include your recipe on an index card.
- You will be judged on your answers regarding age-appropriate knowledge of the [My Plate dietary guidelines](#), food preparation, and nutritional value of the food, as well as your selection and the appearance of the table setting and food display.
- The food will not be eaten by a judge, so its temperature does not matter.

## Fair Entries

Fair entries will consist of a picture taken of your Foods Revue exhibit. The picture must be placed on an 8 1/2 X 11 inch sheet of paper. Exhibitors may write captions, add the recipe, or decorate the paper to enhance their exhibit. Place settings are not required for display at the Fair. These photos should be taken to the Foods & Nutrition area in the Old Youth Building during the drop-off time for all Fair entries.

## 2024 Foods Revue Registration:

Due Monday, June 17th by 4:30 p.m.  
\*Placing for LATE entries will be lowered\*

Name \_\_\_\_\_

Phone \_\_\_\_\_ Grade \_\_\_\_\_

E-mail \_\_\_\_\_

Please enroll me in the following Favorite Foods Revue category(ies) (check the appropriate response):

- \_\_\_ Cloverbud (grades K-2)
- \_\_\_ Exploring (grades 3-4 not in a Foods project)
- \_\_\_ Foods & Nutrition
- \_\_\_ Cake Decorating

Return to: La Crosse County UW-Extension  
212 6th Street N Suite 2200  
La Crosse, WI 54601

E-mail: LaCrosseCounty4H@lacrossecounty.org  
Fax: 608-789-4808



# 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 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.

## Clothing and Foods Revues

Both events will be held at the La Crosse County Admin Center (212 6th St N, La Crosse), registration information in section on the previous pages.

**Clothing Revue:** Sunday, June 23, 6:00-7:30pm

**Foods Revue:** Monday, June 24, 5-8pm, Dinner will be provided.

# 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/>

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

**fair mentor program:** <https://forms.gle/TdwN6RGEJWZAYF6Y6>

**county awards form:** <https://forms.gle/LrCLv3JJCKW1kGAW6>

**clothing revue:** <https://tinyurl.com/mr28ztsu>

**foods revue:** <https://forms.gle/S6Q6xVsu1hixFXVw5>



**NORTHERN WISCONSIN BEEF PRODUCERS ASSOCIATION**

**Saturday, May 18, 2024, Reg & Tours start at 4pm**

**Summer Picnic & Farm Tour**  
Hosted by The Whiting Family

- ❖ Potluck Dinner at 5pm:  
Hot Beefs & Brats - Pasta and Potato Salad, Nacho Bar.  
Please bring a dish to pass (salads, fruits, veggies, chips, desserts, etc..)
- ❖ Special Speakers - Farm Estate Planning:  
Brittany Stephens, Attorney  
Coe, Cuskey & Stephens, S.C.  
Stefani Fiedler, CFP, CLU, ChFC  
President, Business & Estate Advisers of WI, Inc.
- ❖ Horse Drawn Farm Tours
- ❖ 50/50 Raffle & Silent Auction  
Please bring items for the auction

664 22 ¾ St, Chetek, WI (715)642-0804

## may 2024

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1	2	3	4 Sheep Weigh In
5 Holmen Archery Program	6	7	8	9 Leaders Board Meeting	10	11
12	13	14	15	16	17	18
19 Holmen Archery Program Ambassador Meeting	20	21	22	23	24	25
26	27	28	29	30	31	

**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

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**4-H Contact Information:**

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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.