

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

### july 2024

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### Brains, Emotions, and Teens... oh my!

I am a sucker for excellent word play in the following things: jokes, songs, and movies. Given that I am so hyper-focused on brain biology and youth development lately, you'd better believe I went to see the latest installment of Inside Out.

This movie was healing for an old lady like me, but also enlightening for parents of teens and almost teens. With visual representations of sarcasm (a giant chasm in the landscape that influences the tones in our words, hilarious), and brainstorm (a tornado of ideas), man, this movie was brilliant, beautiful and is meant to help us understand how multi-faceted we are as people with equal elements of good and not-so-desirable memories and emotions. From the brain development side of things – the nuances of the pruning of memories and desires, with the chaos of puberty hitting was just... amazing.

All of our beliefs and emotions work together to make us who we are with our own unique belief systems, all set in a story of a teen struggling with understanding her new sense of self. That's a lot to take in and it's no wonder adolescents struggle with the intensity of it all. For more resources on teen development and how to embrace it fully, please see University of Minnesota's compilation on Teen Development: <a href="https://extension.umn.edu/child-and-youth-development/teen-development">https://extension.umn.edu/child-and-youth-development/teen-development</a> And definitely check out Inside Out 2.

You're a good person,

Emily

Emily a Crook

Emily Crook
Positive Youth Development Educator
La Crosse County Extension



## volunteer section >>>

### **Leaders Board Meeting**

**Date:** Thursday, August 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)

We'll do a fair wrap up and prepare for fall events and new leader board nominations!

### **Annual Financial Reports**

For all chartered clubs and groups with any treasury, it's time to complete the annual financial report. Our fiscal year runs July 1 – June 30th, all those who submitted AFRs for their club/group will receive a new form, and last year's submitted copy so you can hit the ground running on July 1. This information is already in your club's shared google drive.

Please reach out to Emily Crook: <a href="mailto:Emily.crook@wisc.edu">Emily.crook@wisc.edu</a> or 608-785-9761 for questions or help! AFR Due date is SEPT 2, 2024. Failure to submit anything (a completed form, a requested extension, anything) will lead to termination of the club or group. You will need time signatures from your youth treasurer. So plan now! For reference of what needs to be included for a complete financial report, please visit: <a href="https://tinyurl.com/LaX4HAFR">https://tinyurl.com/LaX4HAFR</a>

### youth leadership >>>

### **Ambassador Meeting**

Date: Sunday, August 11, 2024

**Time:** 6:00 pm

Location: La Crosse County Admin Center

(212 6th St N, La Crosse)

We'll be finalizing the day camp preparation as well as elect officers who will start in September. Anyone interested in holding office must have been active in the group for at least one year. Positions that are open: Vice President, Secretary, Treasurer. If interested, plan to attend this meeting with a brief 2 min speech on why you should have this position.

### **Ambassador Applications Due**

**WHO:** Grades 7+ (completed 6th) who want leadership experience

These 4-H members are responsible for creating, altering, hosting and serving at county-wide events like: Clover College, Expressive Arts, 4-H Craft Fair, Achievement Celebration, and more! If you have an idea on how you want to change your community or 4-H, we want you!

Please apply: <a href="https://tinyurl.com/4HAmbassadorApp">https://tinyurl.com/4HAmbassadorApp</a> to the Extension Office (lacrossecounty4h@lacrossecounty.org) by Midnight, Tue. Oct 1, 2024.

Those already in the program need not apply, please notify Emily if you plan on discontinuing!

### Membership Evaluations (ME) Forms Due

WHO: Grades 3+ (completed 2nd) who plan on attending state or national trips

This form highlights your 4-H experience so that the 4-H Leader's Association can confirm scholarships for your travel! Some trip applications start right away September 1st, so if you have plans to travel during the 2024-2025 program year, get your ME form ASAP. Or if your trips are later, please get your form in to the Extension Office (lacrossecounty4h@lacrossecounty.org) by Midnight, Tue. Oct 1, 2024.

To get your form, visit here: <a href="https://tinyurl.com/4HMEForm">https://tinyurl.com/4HMEForm</a>

### extras >>>

### **Pumphouse Exhibition Submission Instructions**

If you received a purple ticket on your fair exhibit – Congratulations! Your exhibit has been selected for the 4-H display at the Pump House Regional Arts Center from September 8 – October 12, 2024. An artist's reception will be held at the Center on September 17 from 5:00 – 7:00 pm. We hope to see you there!

**To be part of this exhibit:** please fill out the purple information slip to the right of your ticket, tear off and attach that part to the back of your exhibit. Then either deposit this item in the Pump House tote at in the New Youth Building on Sunday, July 21 by 7:00 p.m., or bring it to the Extension Office by 4:30 pm on **Thursday, September 5**, 2024. No exhibits will be accepted after this date.

Everyone is encouraged to come view your piece and the rest of the display anytime the Pump House (119 King St, La Crosse) is open!

#### Record Book Deadline

A record book is a traditional 4-H method of reflecting on the past year's accomplishments. What goals did you set out to accomplish? Did you meet them or change them?

Record books submitted to the county are eligible for pins and lanyards – and they often are a requirement for additional opportunities like Citizen Washington Focus and the Outstanding Cloverbud award.

Before fair gets too far in the past, print out these sheets, fill them out, attach some pictures and you could open up some doors for next year!

Record books are due in the Extension Office by 4:30pm on Thursday, Sept 5, 2024. For record book templates, forms and rubrics, please visit: <a href="https://tinyurl.com/Lax4HRecordbook">https://tinyurl.com/Lax4HRecordbook</a>.



### **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.

ambassador application: https://tinyurl.

com/4HAmbassadorApp

**ME forms:** <a href="https://tinyurl.com/4HMEForm">https://tinyurl.com/4HMEForm</a>

**goosechase:** <a href="https://goosechase.com">https://goosechase.com</a>

fair derk signup: https://tinyurl.com/4HClerks2024

food stand signup: https://tinyurl.

com/4HFoodStandSignUp

cloverbud day camp: <a href="https://tinyurl.">https://tinyurl.</a>

com/4HCloverbudDayCamp

craft fair: https://tinyurl.com/4HCraftFair



# la crosse interstate fair section

July 17th - 21st, 2024

### Important Fair Dates

#### July

July 8: Exhibit tags available for pick up

Tues. July 9: 5-7pm

• Tues. July 16: 6-8pm

• Wed. July 17: 8am-Noon

• July 9: Fair Clean up night

• July 16: Evening exhibit drop off

July 17-21: FAIR - HAVE FUN!

July 22: Livestock – barn clean-up

**TBD** – Livestock – carcass evaluation and education opportunity

#### **August**

• Aug 1-11: Wisconsin State Fair

Aug 23: Fair premium checks ready in office

Questions? Reach out to Marla at stellomi@

hotmail.com

### Clothing Revue Results

The following 4-H participants received awards at the Clothing Revue on June 23, 2024:

Rosie Elsen, Smith Valley: Merit, Blue, and Best in Show for her Jacket (item for another person)

Blue for her dress

Lauren Kunce, Lone Lumberjacks: Blue for her romper

### Foods Revue Results

The following 4-H participants received awards at the Foods Revue on June 24, 2024:

#### **CLOVERBUD:**

Summer Rozman, Home Runners: Outstanding

Cloverbud

Allison Katona, Bangor Township: Cloverbud

**Participation** 

Micah Rozman, Home Runners: Cloverbud

Participation

Elian Brown, Smith Valley: Cloverbud Participation

#### **EXPLORING:**

Brady Katona, Bangor Township: Merit and Blue

#### **FOODS & NUTRITION:**

Rosie Elsen, Smith Valley: Best of Show, Merit, and

Blue

Georgia Maricle, Home Runners: Red

#### **CAKE DECORATING GRADES 3-5:**

Amelia Bjornson, Lucky Lakers: Best of Show, Merit,

and Blue

Amber Olson, Home Runners: Red Caden Olson, Home Runners: Red

#### **CAKE DECORATING GRADES 6-8:**

Cecelia Maricle, Home Runners: Best of Show,

Merit, and Blue

Rosie Elsen, Smith Valley: Blue

#### FAIR REMINDERS:

Please keep a record of all your exhibits and pick them up promptly at 6pm Sunday, July 21, 2024 from the buildings in which they were displayed. Any exhibits left will be tossed that night. We will not be taken anything back to the office. They lock the buildings and no one goes back in them until October.

You and your family represent 4-H! We're so proud of our members and their sportsmanship, please keep us proud. All the people who work at the fair (the judges, clerks, Ag Society members) are volunteers. Please be respectful, kind, regulated, and clear with your questions and requests.

### State Fair and Pump House Selections at Fair

If your exhibit receives a Judges Choice rosette ribbon or a Pump House Exhibit ticket we are offering tote drop off, however, you need to complete the information provided – Judges Choice has a lot of paperwork, plan accordingly. Drop your exhibit off on the stage in the New Youth Building by 7:00 pm on Sunday, July 21, 2024. The office will follow up with you on when your items are available for pick up following each event.

#### 2024 4-H & Fair Goosechase is ON!

Visit <a href="https://goosechase.com">https://goosechase.com</a> to see how you can download the app on your phone. Get your team ready (or you can play individually too!) and find our game with this code: **QPZWRE**. The first questions drop the at 8pm on Tues. July 16 (so you get a chance to prepare your attack the next day), and more are released throughout the fair. Prizes are provided by the La Crosse 4-H Ambassadors and are awarded to the top 3 teams. Good luck!

### Fair Clerk Signup

The sign up is now open for Clerks and Helpers for the 2024 Interstate Fair. We welcome anyone who wants to help, especially parents and youth exhibitors. This is a great step to becoming a judge someday! Anyone age 13 and older can work unassisted, however youth 12 and younger need a parent to assist.

This is a great community service and leadership opportunity. Youth who clerk learn firsthand the judging process and how they judge. To sign up visit: <a href="https://tinyurl.com/4HClerks2024">https://tinyurl.com/4HClerks2024</a> Please reach out to Carlie Scriver with any questions at <a href="mailto:carlie.scriver@yahoo.com">carlie.scriver@yahoo.com</a>. As always, thank you for supporting Wisconsin fairs and our youth!

### Food Stand Update

It's time to grab any open shift in the food stand! If you are unable to work during your club shift, then sign up for any other openings available. Reminder that working at the food stand will help any future scholarship applications for 4-H trips! The food stand is our primary fund raiser that keeps our program running smoothly. Youth AND adults are needed. Visit here to sign up: <a href="https://tinyurl.com/4HFoodStandSignUp">https://tinyurl.com/4HFoodStandSignUp</a> Please do NOT scroll down on the form, instead click the date tab at the top and see what is available.

### exciting opportunities >>>

### 4-H Cloverbud Day Camp

Co-Hosted by Monroe County & La Crosse County Youth Leaders!

**Theme**: 4-H Grows Here! We'll learn all about the life cycle of plants, and what they need to thrive in lots of

hands on and interactive ways. Deadline to register is Monday, August 12th.

Date: Saturday, August 17, 2024

**Time**: 11am - 4pm

**Location**: Rockland Village Hall/Park (105 Center St, Rockland, WI)

Cost: \$10/ea youth

Age: K-2nd graders (completed)

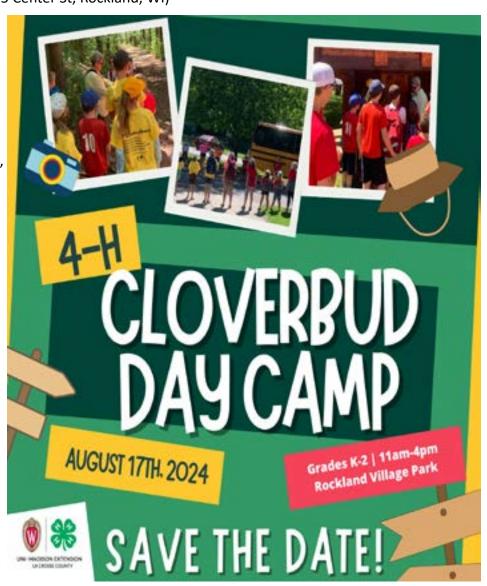
Limit: 40 youth

\*Please bring a water bottle & towel.

Prepare to get messy and wet!

Lunch will be served: Walking Tacos (which includes: ground beef, cheese, tomato, lettuce, sour cream, and corn chips), cutie and dessert. Your youth can assemble based on dietary need or choice, however, please bring a bagged lunch if more is needed, nothing will be refrigerated.

Register here: <a href="https://tinyurl.com/4HCloverbudDayCamp">https://tinyurl.com/4HCloverbudDayCamp</a> - please mail/drop off payment to secure your spot to: La Crosse County 4-H Ambassadors, 212 6th St N, Suite 2200, La Crosse, WI 54601. Checks can be written to 4-H Ambassadors.



### 2024 Craft Fair

Date: Sat. Oct 12, 2024

**Time**: 9am – 3pm (set up/take down 30 min prior and post) **Location**: Onalaska Omni Center (255 Riders Club Rd, Onalaska)

**Room**: Conference room to the right of entrance

tinyurl.com/4HCraftFair

# 2024-2025 Event Dates

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• 7-17 to 7-21-2024: La Crosse Interstate Fair

• 7-31 to 8-02-2024: Summer Camp

• 08-17-2024: Cloverbud Day Camp

• 10-12-2024: Craft Fair

• 1-04-2025: Archery & Pellet Gun Program Begins

• 4-05-2025: Archery Invitational

# july 2024

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
			Fair Begins!	Fair Week!	Fair Week!	Fair Week!
21	22	23	24	25	26	27
Fair Ends!						
28	29	30	t31			

#### 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



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#### **4-H Contact Information:**

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The Cloverline can be found in color and with hyperlinks online at <a href="https://lacrosse.extension.wisc.edu/4-h-youth-development/cloverline-newsletter/">https://lacrosse.extension.wisc.edu/4-h-youth-development/cloverline-newsletter/</a>

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