



Cloverline

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

october 2024

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...and much more!

Grit.


Grit. I talk about boundaries, limits, and priorities. All by themselves can lead to a hefty sense of entitlement. So it's time to talk about grit. Grit is where priorities and boundaries collide. The not-wanting-to-do-it-but-realizing-the-merits-and-doing-it-anyway. It's being brave when you're scared. It's also taking that deep breath when you really want to stomp the ground like a toddler. It's doing the thing when you are so exhausted knowing that tomorrow's version of you will be so grateful.

It's also called determination, motivation, and discipline at times. And like confidence, it's a muscle we work on which strengthens our overall resilience. The benefits of embracing grit is essentially joy. Not the unmitigated sense of joy, but the true essences of it.

George Bernard Shaw captures it in this:

"This is the true joy in life, being used for a purpose recognized by yourself as a mighty one. Being a force of nature instead of a feverish, selfish little clod of ailments and grievances, complaining that the world will not devote itself to making you happy. I am of the opinion that my life belongs to the whole community and as long as I live, it is my privilege to do for it what I can. I want to be thoroughly used up when I die, for the harder I work, the more I live. I rejoice in life for its own sake. Life is no brief candle to me. It is a sort of splendid torch which I have got hold of for the moment and I want to make it burn as brightly as possible before handing it on to future generations."

If I can do this, I can do anything. Hope you find your torch, too.



Emily A Crook

Emily Crook
Positive Youth Development Educator
La Crosse County Extension



volunteer section >>>

Leaders Board Meeting

Date: Thursday, October 10th, 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)

Several Positions on the Leader's Association Board are currently vacant. Please reach out to Emily (Emily.crook@wisc.edu or 608-785-9761) if you have an hour to spare each month, and would like more information. Current openings are:

- President
- Vice President
- Treasurer
- Holmen-Mindoro Rep
- At-Large Representative

In November, we'll need to elect a Secretary as well since that term is complete. For more information about Leader's Associations and what they do, please visit: <https://4h.extension.wisc.edu/4-h-leader-organizations/>. Ours meets monthly for about an hour and discusses upcoming events and often brainstorms how to make improvements to the program. Each position has a role description, please reach out and you will receive all the information and resources you need!

2024 Charters Due

4-H Clubs and Groups must renew their charter annually through completion of the Charter Application Process by November 1, 2024. It's a very simple process that MUST be completed should you want your club or group to remain functioning in the La Crosse County 4-H program. This survey will take about 5-10 minutes. Leaders and Youth Officers, please visit: <https://4h.extension.wisc.edu/resources/volunteer-resources/administrative/charter/> to complete this requirement!

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)



WANTED: Food Stand Committee Members!

We are hoping to completely re-structure our food stand management for the 2025 Summer. This means a new committee, with a lot more support. If you have interest or experience in food management or service, volunteer management, fiscal or supply management, or just would like to lend some talents and time in this quest, please reach out to Emily Crook at 608-785-9761 or Emily.crook@wisc.edu.

upcoming events to watch 4-H Online for:

Fall Forum (Nov 2-3, 2024) | Grades 7+ and Adults | Stevens Point

Advanced Space Academy (Feb 15-22) | Grades 10-12 | Huntsville, AL

Art BEAT! (Mar 14-16) | Grades 3-5 | Upham Woods, Wisc. Dells

National 4-H Conference (Apr 11-16) | Grades 10-12 | Washington, DC

4-H craft fair

SATURDAY, OCTOBER 12TH

9:00AM to 3:00PM
at the Omni Center
255 Riders Club Rd,
Onalaska WI

Exhibitors should sign up by September 30, 2024. Rules, guidelines and registration for a table is here: <https://tinyurl.com/4HCraftFair>

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

youth leadership

Ambassador Meeting

Date: Sunday, October 27, 2024

Time: 6:00 pm

Location: La Crosse County Admin Center (212 6th St N, La Crosse)

At this meeting, we're bringing an international dish to sample, discussing what SMART goals we want on our charter, bringing in our receipts from our Day Camp, and setting the date for our Escape Room adventure. It's not too late to join the fun – if you are a 7th and up grader – check it out and see if you want in!

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: <https://tinyurl.com/4HMEForm>

annual financial reports: <https://tinyurl.com/LaX4HAFR>

NATIONAL

4-H WEEK

October 7th- 12th 2024

extras

Record Book Deadline

Remember to pick up your Record Books at the Extension Office!

Pick up your Pump House Items!

All items exhibited at our annual show are ready for pick up starting Tuesday, October 15, 2024. Our office hours are 8am-4:30pm. If you cannot make it during office hours, please email lacrossecounty4h@lacrossecounty.org.

animal sciences

Horse Project Meeting

Date: Monday, October 7th, 2024

Time: 6:30pm

Location: Fairgrounds

Rabbit Project Meeting

Date: Saturday, October 12th, 2024

Time: 1:00pm-2:00pm

Location: Upper Mississippi Fish & Wildlife Visitor Center (N5727 County Rd Z, Onalaska)

It's time to get this group up and running with its own charter. Youth officers are needed, additional parent support, etc. Please come to this meeting if you'd like leadership experience!

Cat Project Announcement

Attention Cat Project members: Please send any updates or changes you want for the fair by November 18th. Either by email (kkymmm@gmail.com) or Facebook Cat/ Small Pets 4-H La Crosse County. Discussion: Would you like to add showmanship to the class? Please let me know either way. If no one responds back I will flip a coin to see if it would be added or not.

2024-2025 Event Dates

- 10-12-2024: Pumphouse Exhibit Closes
- 10-12-2024: Craft Fair
- 1-04-2025: Archery & Pellet Gun Program Begins
- 2-22-2025: Clover College
- 4-05-2025: Archery Invitational
- 7-30 - 8-1-2025: Summer Camp 2025

State Horse Expo Results

Maclaine Heilman and Rylee Lyga completed at the State Gymkhana on September 7th. They earned the following placings:

Barrel Racing

Maclaine Heilman - GRAND

Rylee Lyga - Top Ten

Plug Race

Maclaine Heilman - GRAND

Rylee Lyga - Top Ten

Poll Bending

Maclaine Heilman - GRAND

Rylee Lyga - Top Ten

Flag Race

Maclaine Heilman - GRAND

Rylee Lyga - Top Ten

LT Special

Maclaine Heilman - GRAND

Rylee Lyga - Top Ten

Keyhole

Maclaine Heilman - Reserve

Rylee Lyga - Top Ten

On September 13-15 the following riders completed in the State Pleasure show and earned placings:

Trent Gretebeck

Top Ten: Western Showmanship, Hunt Showmanship and Hunt Seat Pleasure

GRAND: Trail Reserve:

Reserve: Hunt Seat Equitation

Top Ten: Western Showmanship, Hunt Showmanship, Hunt Seat Pleasure, Western Pleasure, Horsemanship, and Western Riding

Maclaine Heilman

GRAND: Hunt Seat Pleasure and Hunt Showmanship

Top Ten: Western Showmanship, Western Pleasure, Horsemanship, and Western Riding

Top Ten in Educational Event of Judging

Serene Mather:

GRAND: Western Pleasure

Reserve: Horsemanship

Top Ten: Western Riding, Trail, In-Hand Trail

Brielle Huffman

Top Ten: Western Showmanship, Horsemanship, Hunt Seat Equitation

Lexi Marinelli

Top Ten: Western Showmanship, Horsemanship, In hand Trail and Trail

Rylee Lyga

Top Ten: Western Showmanship, Hunt Showmanship, Hunt Seat Pleasure, Hunt Seat Equitation, Western Pleasure, Horsemanship, Trail, and Western Riding
Emma Lubinsky

Brooklyn Tate

Reserve: Western Riding and Hunt Seat Pleasure,

Top Ten: Western Showmanship, Hunt Showmanship, Hunt Seat Equitation, Western Pleasure, and Horsemanship

exciting opportunities >>>



Advanced Space Academy

Wisconsin 4-H is excited to announce details for the 2025 Advanced Space Academy!

Advanced Space Academy will take place from February 15-22, 2025, and youth will travel to Huntsville, AL via coach bus and get the opportunity to train like an astronaut, learn team building skills at the Space Camp Challenge Course, participate in SCUBA diving at the underwater astronaut trainer, and learn a ton more about Space and STEM!

You can see additional program details on Space Camp's website. Registration is open to youth in grades 10-12 for the 24-25 4-H year, and the cost is \$2,700/per person.

Registration will be open in 4HOnline from September 4-30, 2024. We hope to see you when we blast off in February!

For more information on Advanced Space Academy, please check out our website here: <https://4h.extension.wisc.edu/opportunities/statewide-events-and-opportunities/advanced-space-camp/>. Additionally, you can reach out to Seth Harrmann at seth.harrmann@wisc.edu with additional questions.

state 4-H opportunities >>>

cedar crest ice cream flavor naming contest

It's back! The contest runs September 1 through November 15, 2024 and is open to all Wisconsin 4-H clubs. Visit www.cedarcresticecream.com (the link will not be "live" until contest opens) for details and entry forms, and find links on their website (www.Wis4HFoundation.org).



tractor supply company paper clover promotion

The Fall TSC Paper Clover campaign runs October 2-13, 2024, and clubs have the opportunity to earn a \$50 TSC gift card. Online registration is required and is open now. For more information visit: <https://wis4hfoundation.org/tscpaperclover/>

2025 Summer Camp!

Dates: Wed. July 30 – Fri. Aug 1, 2025

Location: Upham Woods, Wisconsin Dells

It's time to assemble our Chaperones and Counselors again! If you know you want to help make the 2025 Summer Camp experience memorable and amazing, please reach out to Emily at Emily.crook@wisc.edu.

Counselors are youth currently enrolled in 9th and above grades. Chaperones are adults older than 21. Adults between 18-21 can participate as counselors! Bonus incentive: Adults who chaperone with youth who attend, receive one entire camp fee covered for a youth.

Last year, La Crosse had 25 youth participate, we had 3 adult chaperones, and 3 counselors, too! We camp with Area 13 counties – Monroe, Vernon, Crawford & Richland. In total we had a full camp at 138 people. Last camp's theme was the Olympics, and groups had various competitions including an on-land synchronized swimming competition. It was so much fun and went so well because we had so much adult help. I'm hoping we're this lucky next summer.

october 2024

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1	2	3	4	5
6	7 National 4-H Week Horse Project Meeting	8	9	10 Leaders Board Meeting	11	12 4-H Craft Fair Rabbit Project Meeting
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27 Ambassador Meeting	28	29	30	31	1 Charters Due	2 Fall Forum

COOPERATIVE EXTENSION SERVICE

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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.