

Cloverline

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

december 2024

in this issue >>>

- » Youth Ambassador Meeting
- » Reminders
- » Leaders Board Meeting
- » Leaders Holiday Party
- » American Spirit
- » Upcoming Opportunities
- » Volunteer Section
- » 2025 Summer Camp
- » Animal Sciences
- » 2024-2025 Important Dates

...and much more!

Transition Tensions

We are all in a space of transition at some point in our lives. Understanding that change is coming, while still maintaining the status quo and dealing with the uncertainty of what lies ahead can range from feeling undaunting, exciting, to overwhelming, and mixed with a dash of unsettled anxiety, too.

In looking for ways to handle transition periods better, I came across a handy list of 7 tips for coping I thought was helpful, it's from the Ross Center. (Here's the link: <https://www.rosscenter.com/news/7-tips-for-coping-with-transitions-in-life/>).

For me, I need to remember to set small goals, practice self-care, and additionally remain positive. Change can be hard for me, even positive change. So reminding myself that a lot can happen in one year, one month, one week or even one day – can help me reframe my doom and gloom back to spontaneous glimmers. However, for others, that can also bring on more doom/gloom anxiety, too. It's important to know what operates best for you.

I also need to work on scaling down my goals. I love being a big picture gal – and adding on fantastic new ideas and opportunities. I also know, I don't balance my big pictures with big rest, too. I'll be working on smaller pictures and see if that helps.

As we transition into a new year, how are you holding it together?

Be well, be you,

Emily A Crook

Emily Crook
Positive Youth Development Educator
La Crosse County Extension



volunteer section >>>

2025 LA CROSSE 4-H LEADER'S ASSOCIATION

President

Stacey Sheffield

Vice President

Eric Crammond

Past President

Lynette Berg

Treasurer

Susan Kramer

Secretary

Erin Gellings

REPRESENTATIVES:

AG Society

Carolyn Christopherson

Ambassadors

Ruth & Mya

La Crosse/Onalaska

Nancy Wakefield

Holmen/Mindoro

Jackie Thingvold

West Salem

Pam Hoth

Bangor

Vacant

At-Large

Jennifer Wright

At-Large

Vacant

Leaders/Volunteer/Parent Holiday Party

Date: Thursday, December 12th, 2024

Time: 6pm Doors Open;
6:30pm Dinner Served;
7:00pm Ceremony

Location: West Salem American Legion – 148 Leonard St, West Salem

Bring a \$5-\$10 wrapped gift to exchange!
Adults only please. RSVP to lacrossecounty4h@lacrossecounty.org or 608-785-9593 by Dec. 4, 2024

Food Stand Re-Organization Meeting!

Date: Thursday, January 16th, 2025

Time: 7:00pm-8:00pm

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

Room: 1107

This is the time to share all your ideas for a revamp of the Food Stand! We'll be discussing all the things from incentives to food selection, to organization – have an idea? Come and share. We have new leadership and the possibilities are endless!

Leaders Board Meeting

Date: Thursday, January 9th, 2025

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

Location: County Admin Center, Room 1107 (212 6th Street N, La Crosse WI)

Location is subject to change, new roles will start, and we still need two more volunteers!



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.

May 1-5
2025

Huntsville,
Alabama

WISCONSIN 4-H
SPACE CAMP

OPEN TO YOUTH GRADES 6-8

Get involved in:

- Simulated Space Missions
- Learning and using Space Simulators
- Building and launching your own model rockets
- Real space training simulation
- etc.

Registration open from Nov 15 - Dec 15
via 4HOnline

APPLICATIONS NOW OPEN FOR
NATIONAL 4-H
CONFERENCE

APR 11-16, 2025 WASHINGTON DC.

Registration:
Monday, February 3 -
Friday, February 28th.

APPLY NOW
THROUGH DEC 1,
2024

Wisconsin 4-H Foundation Celebrate the Arts Photography Contest

The Wisconsin 4-H Foundation Celebrate the Arts photography contest is held annually to:

Entry Information

- Entries will be accepted online from Friday, November 1, 2024, until midnight on Friday, January 31, 2025.
- The digital photo entry and the completed entry form must be submitted through the contest website: <https://www.surveymonkey.com/r/YH7RCFZ>
- Each photographer may submit up to one entry in each of the three categories but may submit only one entry in each category.

You can find more registration information and rules here: <https://www.surveymonkey.com/r/YH7RCFZ>

Wisconsin 4-H Foundation
PHOTOGRAPHY
CONTEST

Celebrate the Arts | Entries Due January 31, 2025

youth leadership

Ambassador Meeting

Date: Sunday, January 26, 2024

Time: 6:00-7:00pm

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

NEW ROOM! We're going to try meeting in room 0431 (the basement) – it's bigger and we're going to play around with meeting set up.

animal sciences

Rabbit Project Meeting

Date: Saturday, December 13th, 2024

Time: 3:00-4:00pm

Location: La Crosse County Admin Building, 212 6th Street North Room 1107
La Crosse WI 54601

Goat Project Meeting

Date: Sunday, December 15th, 2024

Time: 3:00pm

Location: Halfway Creek Lutheran Church, Holmen WI 54636

extras

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.

upcoming events to watch 4-H Online for:

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

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

Space Camp (May 1-5) | Grades 6-8 |
Huntsville, AL

2024-2025 Event Dates

- 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

shooting sports

Archery and Pellet Gun Program

When: Saturdays

January 4th & 18th, 2025

February 1st & 15th, 2025

March 1st & 15th, 2025

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

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

Who: Youth in grades 3+

Cost: Archery **(must be in grades 3+):** \$10 for 4-H member, \$15 for community member
Pellet Gun **(must be in grades 4+):** \$10 for 4-H member, \$15 for community member

*****PELLET GUN IS FULL FOR ALL TIME SESSIONS*****

We are ready for the annual Archery and Pellet Gun program! The sessions start with youth learning safety and basics of shooting followed by practice sessions and concluding with an inter-program tournament on the last day. If you are wanting to participate in the 2024 La Crosse County Interstate Fair youth archery tournament, this is one of the ways to get in your safety session requirements. All necessary equipment is provided!

This popular program fills up fast and spots are awarded on a first-come, first-served basis. No spots will be held without payment received in full. 4-H members must be enrolled in 4HOnline for the 2024-2025 year at the time of registration for this program in order to be eligible for the 4-H member prices. Because extra insurances are provided, proof of hunter's safety certification is not required for pellet gun participation.

IMPORTANT RULES AND UPDATES FOR THIS YEAR: No sandals or open toed shoes will be allowed, long hair needs to be tied back, and no loose clothing should be worn to the program. Attendance on the first day of pellet gun will be required as the safety session will only be offered on the first day, or your spot and application fee will be forfeited.

Registration is available on our website here:

<https://lacrosse.extension.wisc.edu/4-h-youth-development/4-h-projects/shooting-sports/>

Registrations are due by 4:30 p.m. Thursday, December 19th, 2024. Please direct any questions to the Extension Office at 608-785-9593 or lacrossecounty4h@lacrossecounty.org.

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!

Statewide Shooting Sports Opportunities:

You can find dates and informations for Statewide shooting sports opportunities here: <https://4h.extension.wisc.edu/opportunities/projects/shooting-sports/competitive-shoots/>



La Crosse County 4-H Shooting Sports

LOGO WEAR

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

www.4hshootingsports.com

All orders will need to be picked up directly from BB Graphics at 901 4th St. S., La Crosse. They will call you when your order is ready for pick up.

BB GRAPHICS
SCREENPRINTING + EMBROIDERY

Clover College Call for Instructors!

Clover College is our 4-H Day of Discovery. Every county has one - ours is Feb 22, 2025 at Bangor Elementary School and we like to offer as many classes as we can! Do you have skills you can share with our 4-H youth? Or is there a specific educational need you think our 4-H members need? Now is the time to let us know you want to teach at Clover College.

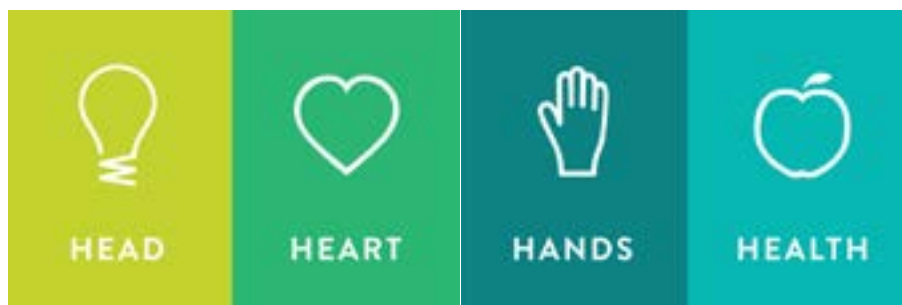
There are 3 sessions offered throughout the day: the first two are 90 minutes in length, the last session is one hour. You choose how many sessions you want to do, you choose your class size, your class age range, and you can choose the class fee as well.

Instructors do not have to be 4-H members, volunteers, or even adults. ANYONE who has a skill, passion or something to share can teach at Clover College. We will keep sessions to things that follow 4-H policy though (speak with Emily if we need to do a risk, inclusivity, or accommodations assessment).

Sessions we've had in the past: Ceramics, Sign Language, Electronics, Lego Robotics, Sewing, Cookie Decorating, Models, Woodworking, First Aid, Astronomy, Rabbits, Cats/Small Pets, Shooting Sports, Aerospace, Origami, Vet, Science, Irish Dancing, Painting, Record Books Planning, Scrapbooking, Photography.

INTERESTED? FILL OUT THIS FORM BEFORE DECEMBER 15TH - <https://tinyurl.com/LaX4HCloverInstructor>

If you don't have a skill but know someone who would be amazing at sharing theirs? Reach out to Emily, or feel free to send them this form, too. If you have an idea for a class but don't have someone in mind to instruct, tell us anyway! emily.crook@wisc.edu.



American Spirit

Registration Opens - NOV 10, 2024 in 4-H Online!

When: June 20-29, 2025

Who: Youth in grades 8-10

Cost: Approx \$2,900

La Crosse 4-H Leaders Association offers a hefty scholarship for this - ask Emily for more information.

Experience history & heritage by immersing in a 10-day bus journey to the East Coast and Canada - Youth-led content throughout the experience - Increase knowledge of American history while experiencing where it occurred - Dynamic exposure to diverse cultural experiences and perspectives of the foundation of our nation. For more information visit: <https://4h.extension.wisc.edu/opportunities/statewide-events-and-opportunities/american-spirit-east/>

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.

2024 Rotary Lights

We will have a tree in La Crosse's premiere light show experience this holiday season! In order to do this, we had to commit to various service opportunities. Here they are so you can note if you're available:

- **Tree Take Down:** Wed. Jan. 1st.
- **Park Take Down:** Friday, Jan. 3, 2025: any shift between 9am–4pm. Need 5 people per shift, ages 16+ (ages 13–16 can get approval, I can see what we can do!)

Are you able and willing to assist? Please sign up at: <https://tinyurl.com/LaX4HRotaryLights> by Nov. 8th and we'll get ourselves organized!

december 2024

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12 Leaders Holiday Party	13 Rabbit Project Meeting	14
15 Goat Project Meeting Space Camp Registration Closes	16	17	18	19 Archery & Pellet Gun Registratio Closes	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

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.