



Cloverline

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

january 2025

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Don't Miss Out

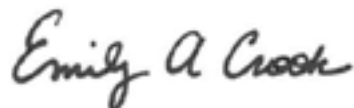
I fondly tell many people that I'm a bit neurospicy. What comes with this package is awareness of how overstimulation can really affect me. So I've learned what accommodations suit me best and the more I implement, the easier it gets.

However, there is also a flipside of "over-accommodating." I don't mean this about the youth we serve. In my experience, any accommodations we can provide youth tend to serve the larger audience better anyway. Beyond youth, our desired outcomes go a lot farther when we tend to meet people where they are anyway.

What I mean by myself over-accommodating is that I'm very good at avoiding uncomfortable things. Very very good. And in the process of avoiding things like touch and... well... people, to conserve my energy, I've come to realize that I'm missing out on a few things, too.

This morning, I had to tell my kids we're doing something hard today. And in the emotional dysregulation, I held one of them for 20 minutes to calm down. Everyone left content for the day. Would you believe I'm having the best day ever? And I think it was just from that hug.

Huh.



Emily Crook
Positive Youth Development Educator
La Crosse County Extension



volunteer section >>>

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!

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!

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: Sunday, January 26th, 2024

Time: 1:00-2:00pm

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

At this meeting, we'll review, edit and approve by-laws, vote on youth and adult officers and set up future dates. This is a reschedule from the December cancellation.

Goat Project Meeting

Date: Sunday, January 26th, 2024

Time: 3:00pm

Location: Halfway Creek Lutheran Church, Holmen WI 54636

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](mailto:emily.crook@wisc.edu).



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.



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>

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

In need of counselors (youth in grades 9+) and chaperones (adults!)

Here are all the dates for everything to do with Summer Camp:

- March 17, 2025 – June 1, 2025 Counselor and Chaperone Applications, Camp Registrations OPEN
 - We are taking the first 100 youth that sign up, once June 1st comes and people have not paid the fee, their spot will be given to a youth on the waiting list.
 - Chaperones – one child will have their camp fee waived. You still need to register them and you when registration opens.
 - Camp fees will go up \$20 this year to help offset food costs. Community member fee is \$170, 4-H youth fee is \$95.
- June 11, 2025 – Counselor Training In-person – this is when our theme is chosen.
- July 9, 2025 – Pre-camp zoom for all families, counselors, chaperones, and staff
- July 28, 2025 – Pre-camp zoom for Chaperones and counselors, to review responsibilities
- July 30, 31 and Aug 2, 2025 – SUMMER CAMP!

Have questions? Ask Emily – 608.785.9761 or emily.crook@wisc.edu.

shooting sports

Archery and Pellet Gun Program

***** Registration is closed this is just a reminder for those who are participating *****

When: Saturdays: January 4th & 18th,
February 1st & 15th
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)

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.

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!



Holmen Archery Program Dates:

The Monday sessions will be offered at 5:00 pm and 6:00 pm. We will offer the Sunday sessions at 8 am, 9 am, and 10 am. These sessions will all be offered INDOORS at Arrows in the Square.

- Monday, April 21
- Sunday, May 4
- Monday, May 5
- Monday, May 12
- Sunday, May 18
- Monday, May 19

CLOVER COLLEGE 2025

- **Date: Saturday February 22nd, 2025**
- **Time: 8:45am - 2:00pm**
- **Location: Bangor Elementary School (701 14th Ave S, Bangor WI)**

What is it? Come join us for the day and learn something new! All youth can attend class sessions to explore various project areas and complete hands-on experience. This is a day of dabbling brought to you by 4-H youth and volunteers from the community who want to share their favorite things!

Registration will be done via paper, one copy is included in this newsletter, and extra are available here: <http://tinyurl.com/mr4hchb6>. Registration and payment are due to the Extension Office by 4:30 p.m. January 31, 2025 - no refunds will be given after the deadline.

Classes will be filled on a first-come, first served basis, AND spots are only held once payment is received by the Extension Office. Payment can be mailed or dropped off at: La Crosse County 4-H, 212 6th St N, Suite 2200, La Crosse, WI 54601

We hope to see you there!

Lunch is Served!

There will be a light lunch served at a concession stand during Clover College served by volunteer youth and families from the Barre Badger 4-H Club. Please send youth with spending money if they would like to purchase lunch, snacks, or a beverage. \$5.00 should cover a lunch. Youth are welcome to pack their own lunches or leave with their parents to go off campus for lunch as well!

Parents Welcome!!

You will see some of our Clover College classes are welcome for Adults to attend with the kids, and in most cases, instructors welcome the additional supervision an adult can bring.

Do your Demonstrations at Clover College this year!

Demonstrations are an excellent way for youth to gain practice in public speaking with a large audience. Every year, we hold a pre-fair judging opportunity for youth to exhibit their demonstrations. In the fair book, these are listed in Dept 31.

To ensure a live audience for youth to present their exhibit, we're holding Demonstration judging during the lunch period of our Clover College event on Feb. 22nd. To see the options and what is needed for each demonstration, please visit: <https://tinyurl.com/4HClowerCollege>. Prepare to have a LOT of participants!

If your 4-H member wants to give a demonstration at Clover College, please fill out this form: <https://forms.gle/e1DtpCR9ZXqcWU6p9>. These presentations are eligible for ribbons and premiums if they are also presented during fair week. Also, most youth who complete these demonstrations are considered for additional awards as well. Consider doing one this year! If you have questions, please reach out to Emily Crook at emily.crook@wisc.edu.

CLOVER COLLEGE 2025

Class Descriptions page 1 of 3

AEROSPACE INTRO

Who: Grades 1-5

Time Slot: 9:00-10:30 AM, 10:45AM-12:15PM

Cost: \$0 | **Class Limit:** 15

You will experiment with whirligigs, balsa planes and landing on a landing strip. Launch fizzy rockets as we discuss the force and motion principles of different aircraft.

BEGINNING SHOOTING SPORTS

Who: Grades 2+

Time Slot: 9:00-10:30 AM, 10:45AM-12:15PM

Cost: \$0 | **Class Limit:** 8

We will provide an introduction to our archery and pellet gun programs. All equipment will be provided with an emphasis on safety. This class is intended for youth in grades 2 and above with little to no prior experience with archery or pellet guns.

DIAMOND PAINTING

Who: Grades 3+

Time Slot: 9:00-10:30AM

Cost: \$0 | **Class Limit:** 15

Using kits provided attendees will place diamond dots on pre-printed sticky canvas to create a picture.

MUSIC: EXPLORATION IN COMPOSING

Who: Grades 3+

Time Slot: 9:00AM-12:15PM (THREE HOUR LONG CLASS)

Cost: \$0 | **Class Limit:** 16

Learn how to compose and produce music using GarageBand. We'll cover a bit of music theory, instrumentation, genres, and tips and tricks to hook your listeners; and we'll make an original song. New content and songs, great for both new and returning students!

CAT SHOWMANSHIP

Who: Grades 3+

Time Slot: 9:00AM-12:15PM (THREE HOUR CLASS)

Cost: \$0 | **Class Limit:** 25

Want to know the ins and outs of cat showmanship? This is a new event for the fair this year. You will be able to sign up for it on the day of the cat show. It all depends on how your cat is doing. I would bring mine, but he has retired and no longer likes car rides (too cold).

INTRO TO FRENCH

Who: Grades 3-5

Time Slot: All Sessions

Cost: \$0 | **Class Limit:** 10

Introduces basic French including numbers, letters, colors and basic conversation. No prior knowledge of the French language required

MASKING TAPE ART

Who: Grades K+

Time Slot: 9:00-10:30 AM, 10:45AM-12:15PM

Cost: \$5 | **Class Limit:** 12

Students will make 2 paintings using masking tape to create an image.

CLOVER COLLEGE 2025

Class Descriptions page 2 of 3

LEGO ROBOTICS - RACECAR!

Who: Grades K-4th

Time Slot: 9:00-10:30 AM, 10:45AM-12:15PM

Cost: \$5 | **Class Limit:** 18

3 - 2 - 1 - LEGO!!!! We will be building and programming a LEGO Racecar! We will learn to use a sensor to stop at the finish line, test what makes a car faster or slower, and how to make our LEGO cars climb a ramp!

DOG DAZE: GRADES K-4

Who: Grades K-4

Time Slot: 9:00-10:30 AM

Cost: \$0 | **Class Limit:** 12

We're going to the dogs to learn some dog facts and dog sports! Watch an agility demonstration and learn some ways to keep your dog active.

CLOVERBUD ADVENTURES - YAR MATEYS!

Who: Grades K-2

Time Slot: 9:00-10:30AM, 1:00 - 2:00 PM

Cost: \$0 | **Class Limit:** 15

Come with us as we sail the seas and explore piratey things! We'll crack some codes, scavenge the school, and create our pirate accessories. ARRR, WELCOME ABOARD!

WOOD SPOON OR SPATULA MAKING

Who: Grades 1+

Time Slot: 9:00-10:30AM, 10:45AM-12:15PM,
1:00-2:00 PM

Cost: \$0 | **Class Limit:** 6

Discover the art of woodworking in this hands-on class where you'll create your very own wooden stir spoon or spatula! Learn basic woodworking techniques, including shaping and sanding. No prior experience is needed - just bring your creativity and enthusiasm!

DOG DAZE: GRADES 5+

Who: Grades 5+

Time Slot: 10:45AM-12:15PM

Cost: \$0 | **Class Limit:** 12

We're going to the dogs to learn some dog facts and dog sports! Watch an agility demonstration and learn some ways to keep your dog active.

BUTTON ART

Who: K+

Time Slot: 10:45-12:15

Cost: \$0 | **Class Limit:** 15

Attendees will use markers and buttons to create art work on canvas.

CLOVER COLLEGE 2025

Class Descriptions page 3 of 3

FAIR 101

Who: All Ages

Time Slot: 10:45AM-12:15PM

Cost: \$0 | **Class Limit:** 30

Need help understanding how 4-H projects turn into Fair Exhibits? Have questions about how to exhibit a particular thing? Get those questions answered, leave with a list of contacts and exhibit codes! This is an info meeting, youth are welcome to attend, but it'll be pretty dry.

JUGGLING

Who: Grades 3+

Time Slot: All sessions

Cost: \$0 | **Class Limit:** 20

Beginners will learn the basics of 3 ball juggling. Anyone who can already juggle 3 balls can work on juggling clubs, more than 3 objects, passing and other skills.

CAMPING ADVENTURE BASICS

Who: Grades 1-5

Time Slot: 1:00 - 2:30 PM

Cost: \$0 | **Class Limit:** 10

What adventures do you enjoy as a "camper"? We will explore the basics of camping, what essential equipment is necessary and create a few "tools" necessary for a great camping experience.

ROBOTICS 101

Who: Grades 3+

Time Slot: 1:00 -2:00 PM

Cost: \$0 | **Class Limit:** 25

We will be sharing all about Robotics with FIRST LEGO League Challenge (4th-8th grade) and FIRST Tech Challenge (7th-12th grade). You will learn what the programs are all about, see some robot demonstrations, and learn how you can get involved on a team!.

BIKCYCLING FOR FUN

Who: Grades 4+

Time Slot: 1:00-2:00PM

Cost: \$10 | **Class Limit:** 10

Spring is just around the corner and with that you might want to get out and enjoy your bicycle on a trail. Come and learn the basics of bike maintenance and how to keep your wheels in motion from members of the La Crosse Area Mountain Bike team.

EMBROIDERY BASICS

Who: Grades 3+

Time Slot: 1:00-2:00PM

Cost: \$10 | **Class Limit:** 15

Learn some basic embroidery stitches, and take home your very own beginners embroidery kit at the end! We will be using sharp needles, so parents may join if they want.

2025 CLOVER COLLEGE REGISTRATION FORM (FRONT)

Registration Due Friday, January 31st, 2025.

NO REFUNDS given after January 31st.

Drop off or mail registrations with payment to: La Crosse County UW-Extension
212 6th St. N, Suite 2200 La Crosse, WI 54601

First: _____ Last: _____ Grade: _____

I am a: 4-H Member Community Member Birthdate: ____/____/____

Email: _____ Phone: _____

Address: _____ City: _____ State: _____

Parent/Guardian Name(s): _____

Age: _____

Gender: Female Male Prefer Not to Answer

Ethnicity: Hispanic/Latino Non-Hispanic/Latino Prefer Not to Answer

Race: White Black/African American American Indian/Alaskan Native

Asian Hawaiian/Pacific Islander Prefer Not to Answer

Event Rules:

I will start each class by sitting in a seat, waiting patiently for my teacher before touching anything, even if I have done this class before.

I will not take anything out of the classroom unless my teacher says it's okay to take.

I will not run or horseplay in the hallways between class sessions.

I will be respectful to my teachers and other volunteers I see throughout the day.

I will use my best listening skills throughout the day.

I will wear my nametag in a visible location for the day.

I will help keep the classrooms clean by picking up my own mess and making sure garbage makes it to a trash can.

Please go over these rules with your youth and have them sign their name below that they agree to abide by this year's Clover College rules:

Youth's Signature (printed or signed)

2025 CLOVER COLLEGE REGISTRATION FORM (BACK)

For each time slot, indicate your 1st, 2nd & 3rd choice

Please use a separate form for each participant. Additional forms are available at <http://tinyurl.com/mr4hchb6>

9:00AM-10:30AM	Choice #	10:45AM- 12:15PM	Choice #	1:00PM-2:00PM	Choice #
AEROSPACE INTRO Grades 1-5 \$0		AEROSPACE INTRO Grades 1-5 \$0		BICYCLING FOR FUN Grades 4+ \$10	
BEGINNING SHOOTING SPORTS Grades 2-13 \$0		BEGINNING SHOOTING SPORTS Grades 2-13 \$0		CAMPING ADVENTURE BASICS Grades 1-5 \$0	
CLOVERBUD PIRATES Grades K-2 \$0		FAIR 101 Open to All \$0		EMBROIDERY BASICS Grades 3+ \$10	
DIAMOND PAINTING Grades 3+ \$0		BUTTON ART Grades K+ \$0		CLOVERBUD PIRATES Grades K-2 \$0	
DOG DAZE Grades K-4 \$0		DOG DAZE Grades 5+ \$0		INTRO TO FRENCH Grades 3-5 \$0	
INTRO TO FRENCH Grades 3-5 \$0		INTRO TO FRENCH Grades 3-5 \$0		JUGGLING Grades 3+ \$0	
JUGGLING Grades 3+ \$0		JUGGLING Grades 3+ \$0		WOODWORKING Grades 1+ \$0	
MASKING TAPE ART Grades K+ \$5		MASKING TAPE ART Grades K+ \$5		ROBOTICS 101 Grades 3+ \$0	
WOODWORKING Grades 1+ \$0		WOODWORKING Grades 1+ \$0		<p>Lunch Is Served! There will be a light lunch served at a concession stand during Clover College by volunteer youth and families from the Barre Badger 4-H Club. Please send youth with spending money if they would like to purchase lunch, snacks, or a beverage. \$8.00 should cover a lunch. Youth are welcome to pack their own lunches or leave with their parents to go off campus for lunch as well!</p>	
LEGO ROBOTICS - RACECAR Grades K-4 \$5		LEGO ROBOTICS - RACECAR Grades K-4 \$5			
CAT SHOWMANSHIP - 9:00AM-12:15PM Grades 3+ \$0					
MUSIC EXPLORATION - 9:00AM-12:15PM Grades 3+ \$0					

MAKE CHECKS PAYABLE TO:
LA CROSSE COUNTY EXTENSION

4-H MEMBER: (\$1)
COMMUNITY MEMBER (\$5)
SESSION FEES:

TOTAL: \$ _____

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



2025-2026 Event Dates

- 1-04-2025: Archery & Pellet Gun Program Begins
- 2-22-2025: Clover College
- 4-05-2025: Archery Invitational
- 4-21-2025: Holmen Archery Program Begins
- 7-30 - 8-1-2025: Summer Camp 2025

january 2025

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1	2	3	4 Archery & Pellet Gun Program
5	6	7	8	9 Leaders Board Meeting	10	11
12	13	14	15	16 Food Stand ReOrganizing Meeting	17	18 Archery & Pellet Gun Program
19	20	21	22	23	24	25
26 Ambassador Meeting Rabbit Project Meeting Goat Project Meeting	27	28	29	30	31 Clover College Registration Due	

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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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.