

Cloverline

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

february 2025

in this issue >>>

- » Youth Ambassador Meeting
- » Leadership Retreat
- » Leaders Board Meeting
- » Clover College
- » Upcoming Opportunities
- » Volunteer Section
- » 2025 Summer Camp
- » Animal Sciences
- » 2025 Important Dates
...and much more!

Let's DO This

I think it's safe to say with all the charged emotions out there, that people are struggling. Could be with physical support systems or emotional, but emotions are charged, and in short, people are grumpy. When we get grumpy, we feel really protective of our security, time, and resources. It's mine, dadgumit. I worked hard for this. And yes! You earned it, you should enjoy all the things.

However, when you lack community, lack connection, and lack generosity – it can become increasingly difficult to enjoy those things, the time, personal space, and resources seem a bit, empty. Finding contentment, and even joy, when you're grumpy seems impossible. Laughter feels bitter. Kindness feels condescending. Happiness feels toxic. Oof, that hit too close to home there.

To get out of this slump of grump, we have to do something we don't like, but I promise it will feel so much better once we do it. We have to step up. Lean into those resources a bit – the time, security, skills, talent – and share them with others. See a need? Contribute. This is not to guilt you or anyone; I admire a good boundary. This is to remind you that you have a great power within, to contribute.

When you contribute, when you step up, when you help, it makes all those things you love dear so much better.

And for those of us with anxiety thinking our skills are terrible and we have nothing to offer? Pfft. Good thing you're in 4-H, because we learn by doing. Overwhelmed? Start small, bring snacks to a club meeting. Next step? Arrange a guest speaker. Ready for more? Organize a fundraiser. You'll find your resources, security and even time will double, because others get inspired by you and want to join in.

From grump to inspiration. Amazing. I want this for us.



Emily A Crook

Emily Crook
Positive Youth Development Educator
La Crosse County Extension

volunteer section >>>

Leaders Board Meeting

Date: Thursday, February 13th, 2025
Time: 6:45 p.m. (Open Forum)
7:00pm (meeting)
Location: Hamilton Town Hall (N5105
Leonard St N, West Salem)

We still need two positions filled on the Leaders Board: an At-Large Representative and the Bangor Representative.

Reach out to Emily Crook (Emily.crook@wisc.edu or 608-785-9761) if interested!

youth leadership

Ambassador Meeting

Date: Sunday, February 23rd, 2025
Time: 6:00-7:00pm
Location: La Crosse County Admin Center
(212 6th St N, La Crosse)

Hammering out details for future events and awards!

animal sciences

Horse Project Meeting

Date: Tuesday, February 18th
Time: 6:30pm
Location: Bangor First Responder Building

Goat Project Meeting

Date: Sunday, February 23rd
Time: 3:00pm
Location: Halfway Creek Lutheran Church, Holmen WI 54636



Pork Producers Annual Meeting

Date: Monday, March 3rd
Time: 6:00pm
Location: Hunters Last Chance
(140 Leonard St S, West Salem)
Cost: \$5/family

Food and prizes provided – this counts as a YQCA Education credit!

No RSVP necessary, but call Mike Gilster at 608-790-1261 if you have any questions.

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/>



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.

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.



HEAD



HEART



HANDS



HEALTH

4-H

LEADERSHIP RETREAT

2025

Bring your club officers and volunteers and let's learn, collaborate, and revitalize your energy around club programming, goals, and tasks. Officers will get help learning their roles, volunteers will get resources for typical club dynamics: attendance, sustainability, energy.

Both groups will spend some time together and separated a bit for epic brainstorming action. Lunch is provided!

RSVP:

By Mon. March 17, 2025 here:

<https://tinyurl.com/LaX4HLeadershipRetreat>



MARCH 22, 2025



9:00AM-1:00PM



Klos Community
Room, Hazel Brown
Leicht Memorial Library
(702 Industrial Dr, West Salem)

FREE

Special Service Project Request: Woodworking

Our beloved Bill Hansen has gifted us his quilt to be on display at the fairgrounds in the New Youth Building.

We are seeking someone or a family who would be interested in building a wooden display case that is quite large. Dimensions of the quilt are: 71" W x 98" H. There are a lot of other details to this – but if anyone is interested, please reach out to Emily at Emily.crook@wisc.edu or 608-785-9761 and we will get you all the information you need.

All materials will be reimbursed by the Leader's Association.

shooting sports >>>

Archery and Pellet Gun Program

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

When: Saturdays: 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!

NEW COLORS AND ITEMS ADDED!!

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

A graphic featuring two wooden signs stacked vertically. The top sign says "SUMMER" and the bottom sign says "CAMP" in large, white, sans-serif capital letters. The signs are set against a dark teal background with stylized white and yellow clouds.

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 this year to help offset food costs. Community member fee is \$180, 4-H youth fee is \$90.
- 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.



CLOVER COLLEGE 2025

****REGISTRATION HAS CLOSED, DON'T FORGET TO COME!****

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

IMPORTANT UPDATE: LUNCH IS NOT AVAILABLE THIS YEAR. PLEASE PACK A LUNCH FOR YOUR PARTICIPANT(S).

Lunches will be stored with coats in hallway cubbies, meaning no refrigeration. Many apologies. We plan to bring it back next year! Notification of this will also be emailed to all participants a week before the event.

february 2025

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13 Leaders Board Meeting	14	15
16	17	18 Horse Project Meeting	19	20	21	22 Clover College
23 Ambassador Meeting Goat Project Meeting	24	28	26	27	28	

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.