

Cloverline

UGH. Screens

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

november 2025

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I immediately feel a sense of guilt, shame and disgust with that word. My kids see too many screens, heck, I have one in my face all the time. And we all know if we expect our kids to follow suit, we need to model the behavior. I need to put the phone down.

I give a lot of credit to anyone who does this cold turkey. It's HARD. And with such minimal good things out there in the world these days, we yearn for our old comfortable algorithms. Shoot, some of us are built to yearn for it. And we know that it's also built to make us yearn it. Even knowing all of this, it's STILL so hard to break the cycle.

WHY? Dopamine. Dopamine, against popular opinion, is not actually the happiness chemical in our brain. It's the gimmee chemical. It draws us to the thing, even when we don't want the thing. (ie. Morbid curiosity). It's why ADHD folks have executive dysfunction (I WANT to do the thing, but I don't have dopamine to draw me to it).

To battle all the varieties of addiction we face, we need to treat the root cause, and then we have to retrain our brains to recognize pleasure (dopamine) with actual events/activities that bring us healthy happiness (serotonin, if you're wondering): connection with others, physical movement, outside activities, teamwork. This can be a little uncomfortable in practice (or a lot uncomfortable if you are a parent that has to do this for yourself while also enforcing new habits for your kids) but it IS possible, and you don't have to do it cold turkey.

So HOW? NPR has a quick 6 minute article/podcast on 4 tips to outsmart dopamine crashes. If you can get through the crashes, you can start working on retraining that brain. And then, it's not about no screens (or sweets, or impulse buys, or insert your addiction here) ever, but it is about finding healthy balance.

To restoring our equilibrium!

Emily A Crook

Emily Crook
Positive Youth Development Educator
La Crosse County Extension



LINK TO PODCAST!

volunteer section

Leaders Board Meeting

Date: Thursday, November 13th, 2025
Time: 6:45 p.m. (Open Forum)
7:00pm (meeting)
Location: Hamilton Town Hall (N5281 State Road 108, West Salem)

We are hosting elections at the November meeting! Soon we'll need people to step up and serve in a few positions starting in January:

- Vice President (3 yr term)
- Treasurer (2 yr term)
- Bangor Rep (1yr term)
- Holmen-Mindoro Rep (2 yr term)
- West Salem Rep (2 yr term)
- At Large Rep (2 yr term)
- At Large Rep (1 yr term)

Qualifications: Have a youth-centric mission at heart, be willing to enroll as a 4-H volunteer (you do NOT have to be a leader to be on the board), attend monthly meetings, help at events as able, and offer your insight and wisdom!

Meetings are usually 1-2 hours. We have some exciting things coming up, so let me (Emily.crook@wisc.edu) know if you're interested and we'll get you on the list!

2025 Volunteer Holiday Party

Date: Thursday, December 11th
Time: 6:00 p.m. Dinner, 7:00pm Ceremony
Who: 4-H Volunteers & Spouses/
Partners - Adults only
*No youth able to attend because of possible alcohol consumption

Location: American Legion Post 41 (148 Leonard St S. West Salem)

RSVP: By December 5, 2025: <https://forms.gle/NfT9EKkA8nwbeVea6>
or scan the QR code:



clover college call for instructors

Clover College is our 4-H Day of Discovery. Every county has one - ours is Feb 7, 2026 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.

youth leadership

Ambassador Meeting

Date: Sunday, November 9th 2025

Time: 6:00-7:00pm

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

We'll plan our fun December outing, discuss what to do on our future trip to Madison, and try to recruit more members. (Reminder – anyone in 7th grade and up is invited to join!)

Graduating 4-H Seniors

Scholarship deadlines are fast approaching – in fact, one is due December 1st!

There are so many people in your 4-H community who could be amazing references: your club leader, project leader, 4-H staff, another club volunteer or parent, community mentor or group that you helped, etc.

For a handy resource of scholarships related to 4-H, visit: <https://tinyurl.com/4HSeniors>.



HANDS



HEALTH



HEAD



HEART

animal sciences

WI 4-H Horse Project Leader Conference

Date: November 8th-9th

Where: River Falls WI

Horse Project Meeting

Date: Thursday, November 20th

Time: 6:30pm

Where: Bangor First Responders

Goat Project Meeting

Date: Sunday, December 14th

Time: 3:00-5:00pm

Where: Halfway Creek Lutheran Church, Holmen WI

shooting sports

Winter Archery Program

****Special Note: This year the Shooting Sports Programs looks a little different – the Winter 2026 Program will be Archery only and take place at the Omni Center, and the Spring 2026 Program will have both Archery & Pellet Gun and take place at Arrows in the Square.****

When: Saturdays

January 3rd, 17th, & 31st 2026

February 14th & 21st**, 2026

****please note February's sessions are back to back Saturdays, not every other****

March 7th, 2026

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

Where: Onalaska Omni Center (255 Riders Club Rd, Onalaska)

Who: Youth in grades 3+

Cost: Archery **(must be in grades 3+):** \$6 for 4-H member, \$10 for community member



Youth will learn safety and shooting basics with support from trained program leaders. The experienced archer will also have the opportunity to refine their skills, too. Participants will practice in a fun, engaging way with the opportunity to compete in some friendly competitions. In addition, participation in this program will help youth fulfill the safety session requirements needed to compete in the La Crosse Interstate Fair Archery Tournament. Youth do not need to bring their own equipment for the Archery Program. All needed equipment is available for use.

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 2025-2026 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: 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 11th, 2025. 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!

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
Est. 1992
901 4th Street S. - La Crosse, WI

extras >>>

2025 Rotary Lights

We will again have a tree in La Crosse's premiere light show experience this holiday season AND we will participate in the Rotary Lights Parade!

- **Parade:** Friday, November 28, 2025 at 5pm. I need walkers and riders – wear your lights!

Plan on showing up? Send us an email so we can tell you where to meet us: lacrossecounty4h@lacrossecounty.org.

THE RAD
RIVOLI ARTS DISTRICT

MINIATURE PAINTING CLASS

w/Aaron from Above and Beyond Adventures



Whether you are a beginner or even an experienced miniature painter, Aaron with Above & Beyond Adventures will teach you all the techniques you need to know and give you the confidence to paint any miniature you desire.

MONDAY'S - 11/3, 12/1

5:00-7:30pm

@the RAD 3rd floor Art Workshop
123 4th St. N, La Crosse WI

More info:

\$11 IN
ADVANCE
\$13
WALK-INS

- Families or groups of 3+ receive a \$5 discount on their total



Scan the QR code to learn more and register!

STOP MOTION ANIMATION CLASS GARDEN PARTY

Discover the magic of stop motion! In this beginner-friendly class, students will use iPads to explore and create short films with styles like:

- claymation
- found object animation
- cut paper animation

For ages 7-12

*students leave with a copy of their creation!

Located in the RAD 3rd floor
Art Workshop
123 4th St. N LaCrosse, WI

Saturday 11/8
10am-12pm

\$20 per student



Scan the QR code to
learn more and register!

Thrive Survey

4-H members enrolled for more than one year and ages 13 and older are invited annually to provide feedback on their 4-H experience through the Thrive Survey. Invitations have gone out via 4-HOnline to those who qualify. Every youth who completes the survey has a chance to win an Amazon gift card.

They will pull from all those in your county, so La Crosse – you have a 1 in 30 chance of getting it! To sweeten the deal, because I like to compete completions with Grant County AND because I know how long and tedious this survey is, I will throw in a raffle for a sweet 4-H sweatshirt of your choice. Who doesn't like 4-H swag and money?

Need your link again? Reach out to Emily: Emily.crook@wisc.edu and she'll get it to you.



virtual opportunities

WI 4-H Distance Learning!

Program registration begins on Oct. 30. Visit:
<https://4h.extension.wisc.edu/wi-distance-learning/> for more information!

Opportunities galore for all ages to learn via zoom in their own backyard:

- 4-H Discovery Kit (Grades 5K-2)
- Design Your Landscape (Grades 3-8)
- Exploring Careers in Agriculture (Grades 7-10)
- Wildlife & Woods Virtual Series (All Grades)

It's FREE to participate, however kits are \$5. Sign up quick – these fill up fast!



We've got the La Crosse 4-H Shop up and running, so you can order apparel with a design from one of our very own 4-H members! Visit here to order:

<https://bbgraphics.net/shop/ols/categories/lax4h>

Art Committee Meeting

It is time to look at the Cultural Arts project list for the 2026 La Crosse Interstate Fair. If you (parents or youth) would like to have input, we will be meeting on November 10, 2025 at the Legacy Church (1214 Cr-Ph, Onalaska) at 7 p.m. Enter using the doors closest to the playground and take the first left hallway after the double doors. This will be during the time Home Runners will be holding their club craft fair. Feel free to look around and see what creative things our youth have created.

opportunities

2026 Summer Camp!

Date: Wed. July 29-31, 2026

Location: Upham Woods, Wisconsin Dells

It's time to assemble our Chaperones and Counselors again! If you know you want to help make the 2026 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 or chaperones if their group is young enough! Bonus incentive: Adults who chaperone with youth who attend, receive one entire camp fee covered for a youth.

Last year, La Crosse had 21 campers, 4 adult chaperones, and 3 counselors, too! We camp with Area 13 counties – Monroe, Vernon, Crawford & Richland. In total we had a full camp at 136 people. Last camp's theme was the 4-H Undercover, and groups had various competitions for points, including guessing the red spy. It was so much fun and went so well because we had so much adult help. I'm hoping we continue our strong camp vibe into 2026!

American Spirit

Registration Opens – NOV 1st 2025 in 4H Online!

When: June 19-28 & July 3-12, 2026

Who: Youth in grades 8-10

Cost: Approx \$3,000 (estimate).

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/>



Important Dates 2025-2026

11-01-25: Fall Forum

12-11-25: Leaders Holiday Party

01-03, 01-17, 01-31, 02-14, 02-21, 03-07-26:
Archery Program, Omni Center

02-07-26: Clover College, Bangor Elementary

07-29 to 07-31-25: Summer Camp

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.

apparel form: <https://bbgraphics.net/shop/ols/categories/lax4h>

clover college instructor form: <https://tinyurl.com/LaX4HCloverInstructor>

leaders holiday party RSVP: <https://forms.gle/NfT9EKkA8nwbeVea6>

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november 2025

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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.

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